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DELAYED.

101 school projects face roadblocks

ALBERTA

Parties blame each other

Aaron Chatha
Metro | Calgary

The Government of Alberta is hoping to clear up "major delays" in school construction as they call on the province's Auditor General to look into what's taking so long.

Out of 232 current projects, 101 new schools and "school modernizations" have been delayed — 70 per cent of which have been delayed a year or more.

David Eggen, Minister of Education, said the delays are the result of the former Progressive Conservative government setting unrealistic guidelines.

"The reason is simple. The former government failed to set out realistic construction guidelines and pushed projects' timelines through without long-term planning," he said.

Eggen said the previous government didn't have a long-term plan for schools then made repeated new school announcements leading up to the election.

Ric McIver, former Minister of Infrastructure and current interim PC party leader, said his staff at the time told him the projects could be completed.

"Full stop. Not maybe, not kinda. That they could be done," he said. "So if they're telling the current minister that they can't, the only change that's happened is political direction. So the minister ought to be looking at himself as the problem, because clearly he's the only one that's changed."

A list of overdue schools was released online — including 23 schools in Calgary — the majority of which were slated to open in September 2016, but some of which had been pushed off until spring of 2017.

Reasons listed for the delays included: site readiness, permit delays, board-requested planning extension and partnership complexities.

The Auditor General's report is expected by the end of the year.

metroTALKS
CONVERSATIONS WITH LEADERS

"We need to talk about the growing gap between the wealthiest and the poorest Canadians."

ELIZABETH MAY
Green Party Leader

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Indigenous group upset over sale of headdresses

HALLOWEEN

Store owner compares sacred garb to police costume

Jeremy Simes
For Metro | Calgary

Melrene Saloy-Eaglespeaker thought the indigenous headdress issue was put to rest.

That is, until she stepped inside Halloween Alley, a costume store in southwest Calgary that sells "Indian Headdresses" and other indigenous apparel for one-night partiers.

"I thought we were over this," said Saloy-Eaglespeaker, referring to last summer when many music festivals banned attendees from wearing headdresses.

"These items are so sacred and shouldn't be showcased and paraded around," she said. "I actually thought we would see change this year."

Halloween Alley's merchandising manager, Lorna Pierson likened the indigenous costumes to uniforms worn by police officers.

"It's Halloween," she said. "It's no different — to me … with no disrespect to the culture — if a police (officer) came in and saw one of our police suits and (said) it wasn't looking like it should."

An "Indian Headdress" for sale at Halloween Alley at the Signal Hill Shopping Centre in Calgary's southwest. JEREMY SIMES/FOR METRO

Saloy-Eaglespeaker — a Blackfoot woman — said she was shocked to learn that Pierson related indigenous costumes to police costumes.

"Yes, police and RCMP are honourary figures," she said. "But only one person gets a headdress that's specifically made for them. It's all part of a sacred ceremony that dates thousands of years."

> **These items are so sacred and shouldn't be showcased and paraded around.**
> Melrene Saloy-Eaglespeaker

"There's no comparison," she added. "It's ignorant. People just aren't educated."

Andrea McLandress, president of the Aboriginal Friendship Centre of Calgary, said it's disappointing to still see sacred indigenous symbols disrespected.

"In our community, I think many people are getting weary of trying to bear the responsibility to educate the Canadian public," she said. "At the same time, we want to build bridges and don't want people to be afraid to ask us questions — we want to help people understand."

It's part of traditional practice to call out the misuse of indigenous symbols, she said, adding wearing a headdress for Halloween is comparable to somebody who isn't in the military but wears honourary medals.

Pierson said Halloween Alley doesn't intend to offend indigenous cultures.

"We obviously don't know the significance of how the headdress is important to the culture and how it's disrespectful, because we would never intend to be disrespectful," she said.

She said Halloween Alley will further discuss the issue of indigenous costumes, which could result in their removal.

Saloy-Eaglespeaker said she wants the costumes removed from shelves, but is happy to hear the company is discussing the issue.

"That's the first step: talking is better than nothing," she said. "It's my culture and my heritage, so to wear it and walk around like it's nothing is hurtful."

SEXUAL ASSAULT

Police seek trio of men

Calgary police are searching for three men who allegedly sexually assaulted a woman on Sept. 27 in the city's southeast and held her captive for seven hours.

Police said a woman was leaving the Tropicana bar — in the 1800 block of 35 Street SE — and was approached by a man, who pulled her against her will into his white SUV parked outside the bar.

She was later driven to a home and was sexually assaulted by three men, police said. She left the home the next morning and called police when she was safe.

"She's been through a very traumatic event," said Staff Sgt. Bev Voros, with the Calgary police sex crimes unit, on Tuesday. "We have some resources in place and some family in place to help her out, but she's having a hard time."

Police describe the men between the ages of 25 to 50, whose ethnicities are unknown. However, the woman told police the abusers spoke Spanish when talking to each other.

Voros said police obtained video surveillance footage from inside and outside the bar, and are confirming the identities of the abusers.

She said police have identified the home where the assault took place, and are working to see if the homeowners had anything to do with the incident.

Police are asking anyone who may have witnessed this incident, or has information about the people involved to call 403-266-1234. METRO

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BONUS

Council gives city manager raise

Brodie Thomas
Metro | Calgary

Councillors gave city manager Jeff Fielding a glowing review on Monday night, and then they gave him a raise and a bonus.

The council approved a bonus of 8.5 per cent of his base salary amounting to $26,775. His base salary will increase by 3.2 per cent, adding an extra $10,080 to his pay.

Coun. Andre Chabot cut to the chase when he explained why he would approve the motion.

"Mr. Fielding said there will be no cuts to services, and then he found $40 million dollars in efficiencies. I think that's worth that $26,000 investment and I'm happy to support that recommendation."

The only councillor to disagree with giving a bonus to Fielding was Coun. Sean Chu. He cited the tough economic times the city is currently experiencing, and suggested leaders should lead by example.

Other councillors took exception to that suggestion.

"We found the correct individual at the correct time and he has performed exemplary, so I find it rather difficult to hear people say we shouldn't give him 8.5 per cent," said Coun. Shane Keating. "I have difficulty when I compare this bonus to many that are out in the private sector. This is extremely modest."

> **We found the correct individual at the correct time and he has performed exemplary.**
> Coun. Shane Keating

PEOPLE-RATING APP

Negative comments stripped from Peeple

People can't get rid of Peeple.

The Calgary-based people-rating app for iPhone has received an incredible backlash online, but is planning changes.

The app co-founder Julia Cordray published an article to LinkedIn on Sunday.

In it, she promised that negative comments will no longer be a part of the software she is building.

"You will NOT be on our platform without your explicit permission," wrote Cordray.

"There is no 48-hour waiting period to remove negative comments. There is no way to even make negative comments. Simply stated, if you don't explicitly say 'approve recommendation,' it will not be visible on our platform." METRO

BASIC PAGE

- Most of the content for its website forthepeeple.com has been taken down.
- In its place is a basic page with the company's logo and a chance to sign up for beta testing.
- The tagline reads, "Join the positive revolution #Oct12."

New Chief of Police Roger Chaffin was chosen nearly six months after Rick Hanson resigned. JENNIFER FRIESEN/FOR METRO

Calgary appoints new chief of police

CPS

Internal hire voted for unanimously

Lucie Edwardson
Metro | Calgary

With city council's nod of approval, the Calgary Police Commission has appointed a new Chief of Police.

Although the commission sought applicants worldwide, their new hire was internal, and Roger Chaffin was unanimously chosen to be the new Chief, nearly six months after Rick Hanson resigned to run in the provincial election as a PC candidate for Calgary-Cross. His run wasn't successful.

Mayor Naheed Nenshi said he's exceptionally pleased that the new leader of the Calgary Police Service comes from within the force.

"We have a tradition of strong leadership and trust and as a result Calgary remains safe, if not safer today then it has been in generations," said Nenshi. "That's something we're really proud of and I am particularly proud that our new leader of the Calgary Police Service comes from within, showing the strength and the depth of the police service as it now stands."

Nenshi referred to Chaffin as "Chief Chaffin" for the first time in his speech and asked him how it felt. Chaffin said he's "still getting used to it."

> **We are amongst the very best — if not the best police force in the world.**
> Mayor Naheed Nenshi

Chaffin has been a member of the Calgary Police Service since 1986 and most recently was working as Deputy Chief responsible for the Bureau of Organizational Support.

"We know that his depth of experience and approachable and collaborative nature will serve him well as he takes on his new role and guides the Calgary Police Service into the future," said Rod Fong, Chair of the Calgary Police Commission.

The new top cop teared up during the question period of the announcement when a reporter struck a personal chord.

Chaffin was asked about the picture of his now deceased former partner, Det. Peter Bellion, he has inside his hat. Chaffin said Bellion would have laughed to see him as Chief and his picture reminds him to stay humble.

Chaffin will begin work as the new Chief on Oct. 19.

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Students, parents and teachers took part in the mobile demonstration Tuesday. AARON CHATHA/METRO

Parents walk in kids' shoes

BUS STOPS

Demonstration simulates daily trek for pupils

Aaron Chatha
Metro | Calgary

Students, parents and local MLAs walked 1.8 km to the Calgary Board of Education Trustee meeting today to demonstrate how far some students have to walk to reach their school bus stop.

The CBE recommends a maximum distance of 1.6 km for elementary students and 1.8 for junior high and high school students. They have been rolling out changes to bus routes and have added 30 new buses.

When the walk ended, Lisa Davis, president of the Calgary Association of Parents and School Councils, presented trustees with a petition to restore bus stop walk times to their previous levels. It was signed by more than 1,200.

"Certainly we were disappointed that no trustees responded or chose to attend the walk," said Davis. "So, it's of critical importance that the board take seriously the concerns of Calgary parents and make adjustments immediately."

Previously, trustee chairwoman Joy Bowen-Eyre said the trustees were unable to attend due to a scheduled meeting.

"It was really exciting to see parents come down today because they're so passionate about education and ensuring their child's safety," said Bowen-Eyre. "So we had an opportunity to visit with them this morning, they were here at the board meeting and also did some presentations as well."

> **We were disappointed that no trustees responded.**
> Joy Bowen-Eyre

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Kayla Lamb is a regular milk provider. JENNIFER FRIESEN/METRO

PUBLIC SERVICE

Mothers' milk bank needs more donors

Helen Pike
Metro | Calgary

Last week the Calgary Mothers' Milk Bank had only enough juice to last until Friday.

Much like blood donation, the local breast milk bank depends on a steady stream of donations to meet the needs of each hospital they serve. And according to executive director Jannette Festival, the bank is running dry and mothers need reminding.

"We're running dangerously low, it does happen. What happens is sometimes mothers sit on the milk. It's in the freezer, they get busy and they forget," Festival said.

In its three years, demand for the Calgary Mothers' Milk Bank has grown more than 50 per cent each year. Donor turnover hasn't followed.

"When we have a donor mom we typically have them for three months and then they turn over," Festival said. "We need more moms coming into our system."

About 80 per cent of the milk goes to neonatal intensive care units and the rest is given to mothers in the community who need it.

Three-thousand ounces — or a week's worth of milk — tends to come from 20 different donor mothers.

Kayla Lamb's baby boy is now nine months old and she started donating when he was at about two months – she was overproducing milk and wasn't sure what to do with it.

"I thought, 'Why the heck not donate it to the babies that need it the most?'" Lamb said.

IN BRIEF

CF patient enjoys grid day

A 14-year-old football fan with cystic fibrosis had one of his wildest dreams come true Tuesday, when he got to practice with the Edmonton Eskimos.

Aidan Maher was diagnosed with the genetic disease two years ago. Despite taking up to 30 pills a day and dealing with lung pain and fatigue, he started playing on a bantam team four months ago.

Made possible by the Make-A-Wish Foundation, Maher mingled with his idols in Commonwealth Stadium Tuesday, and worked on passing techniques with Edmonton quarterback Mike Reilly.

ANDREA ROSS/METRO

Electric buses a hit

Edmonton's electric bus experiments will continue this winter, which has Mayor Don Iveson excited for the potential of an all-electric fleet one day in city's not-too distant future.

"We see real value in them," he said, "because though they cost more to buy, they cost way less to run."

BRAEDEN JONES/METRO

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IN BRIEF

Man charged after three stabbed at get-together

Mounties have charged a 45-year-old man from Taber with attempted murder after three people were stabbed at a family gathering in Grassy Lake over the weekend.

Police were called to a home near the small hamlet on Sunday morning and found three injured adults.

A 55-year-old man was taken to Foothills Medical Centre in Calgary by STARS in stable condition and remains in hospital.

A 46-year-old woman was taken to an area hospital where she is recovering and a 28-year-old man was transported to hospital and released.

Patrick McGann, 45, is charged with three counts of attempted murder and one count of possessing a weapon for a dangerous purpose.

THE CANADIAN PRESS

Two arrested in string of Radisson break-ins

Calgary police made two separate arrests on Sept. 30 after a string of break-ins in the Radisson area.

Cody LaRocque, 25, has been charged with breaking and entering to commit an offence, possession of break-in tools and failing to comply with a court order. Police expect to lay further charges.

Dean Gallant, 40, has been charged with break and enter to commit an offense and three outstanding criminal code warrants.

Investigators don't believe the two suspects were working together. It's alleged these offences were committed to obtain items that could be liquidated for drugs, including fentanyl.

METRO

The brains behind REDx Talks — creative and executive producer Rio Mitchell, left, and Cowboy Smithx, curator — hope to start a larger dialogue about indigenous issues in Canada. JENNIFER FRIESEN/FOR METRO

Delivering a dialogue

REDx

Series aims at addressing indigenous issues

Lucie Edwardson
Metro | Calgary

Their goal is to be the catalyst towards meaningful conversations about indigenous issues in Canada, and the resiliency and accomplishment of indigenous people said REDx Talks curator Cowboy Smithx.

In the "spirit of oral tradition" REDx Talks, presented by the Iiniistsi Arts Society, is a speaker series aimed at celebrating indigenous accomplishments, dispelling myths and will act as a tribute to the loss of children in residential schools, language and cultural genocide, said Smithx.

"REDx is all about resiliency," he said. "It's a platform for indigenous people to share their accomplishments with the world."

Speakers include Ashley Burnham, the current Mrs. Universe and advocate for missing and murdered aboriginal women and indigenous rights, Leroy Little Bear, a celebrated indigenous academic, as well as Liam Haggarty, a non-aboriginal who teaches indigenous studies and Canadian history at Mount Royal University and who Smithx calls an "aboriginal ally."

Rio Mitchell, creative director and executive producer of REDx said the event offers non-indigenous people a way into the conversation about indigenous issues.

> **REDx is an opportunity to rethink what we know.**
> Cowboy Smithx

"It's a great way to share these conversations of indigenous world views with non-indigenous Calgarians and people around the world," she said. "We are collecting as mixed of an audience as we can, and our REDx ambassadors will be in the crowd acting as a beacon to start conversations with people."

Mitchell said the ambassadors are mostly Indigenous community leaders and are engaged in indigenous and conciliation issues.

Smithx said as a Blackfoot, growing up and attending both public and Catholic schools, he felt the education surrounding Canada's indigenous history was very limited.

"REDx is an opportunity to rethink what we know, dispel myths and decompress and unpack before reconciliation," he said.

Mitchell said the goal of REDx is to build a platform that can travel world wide and to eventually have a REDx summit in Calgary to host a "global conversation" about indigenous issues, culture and history.

The event, hosted at MRU, begins at 1 p.m. Saturday. To get tickets, visit www.redxtalks.org.

REPORT

Province lax on tax: AG

The auditor general says Alberta's tax collectors are falling down on the job when it comes to going after corporate deadbeats.

Merwan Saher says in a report issued Tuesday that some corporations have unpaid tax bills going back eight years.

And he says the province is not using the tools at its disposal to make them pay up.

"There is a significant backlog (of unpaid tax files)," Saher told reporters on a conference call.

"There's a series of administrative process problems that we think can be improved."

Saher said he was unable to provide numbers or estimates to reflect the scope or size of the problem.

Finance department spokesman Gerald Kastendieck noted that about 1,000 unfiled returns were more than eight years old in a department that processed 250,000 files last year.

Corporate taxes have become a hot-button issue in Alberta as Premier Rachel Notley's government grapples with multibillion-dollar deficits in the face of low oil prices.

The province increased the corporate tax rate to 12 per cent from 10 per cent last spring. Corporate taxes account for just over 10 per cent of government revenue. This year, corporate taxes are forecast to bring in $4.8 billion.

Alberta Party Leader Greg Clark said there's little point to hiking taxes if the government doesn't have an adequate system in place to collect.

"I am extremely disappointed that the NDP government did not even attempt to fix this problem before raising the corporate tax rates," said Clark in a release.

THE CANADIAN PRESS

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A rendering of Calgary's new Central Library design.
COURTESY SNØHETTA + DIALOG

'You want to make sure it's safe to use'

ENCAPSULATION

LRT project to come under close watch for 'movement'

Helen Pike
Metro | Calgary

A "first of its kind" project doesn't come without its risks, as the new Central Library begins vertical construction over a live LRT line.

The Calgary Municipal Land Corporation has hired a contractor to monitor the now-encapsulated LRT track for any shifting of the tracks in place to ensure everything goes smoothly during and after construction.

CMLC spokeswoman Susan Veres said it's a standard practice in many major projects, giving the Bow building as an example, during and after construction to monitor any potential impact on the structures around it.

"In the case of the library, we want to ensure the encapsulation is working such that the tracks are not impacted, obviously," said Veres. "It's an active transportation corridor."

The Request for Proposal states CMLC must monitor tracks for two years after construction is complete and provide an "emergency mitigation plan" should there be any movement "exceeding maximum allowable movement."

"The Successful Proponent will be responsible for monitoring the movements of the LRT tracks in the newly constructed area of the New Central Library. This will cover the movement of the tracks, the retaining walls and the ceiling over a regular set of locations throughout the LRT Encapsulation," reads the RFP document.

"They want to make sure the tracks don't move beyond that threshold," Veres said. "To protect the operation of the train."

"You want to make sure it's safe to use, so it's part of the construction diligence."

PROGRESS

The LRT encapsulation was finished Sept. 30, and construction of the library over top of it has commenced. It's acting as part of the foundation for the 262,000 sq-ft building being constructed above it.

EXPORT

Cigarette company eyeing Alberta plant

A company registered on a Mohawk reserve in Quebec says it is looking at setting up a cigarette manufacturing plant in southern Alberta.

Representatives of Four Winds Tobacco Products Inc. appeared before Newell County council last month about a possible location in Brooks, about 190 kilometres southeast of Calgary.

Tom O'Connell, a company consultant, said Four Winds wants to produce cigarettes for export and for three wholesalers in Ontario.

There is no immediate plan to sell in Alberta, but Four Winds may eventually try to market cigarettes on First Nations reserves in Western Canada, he said.

"If it is sold on First Nation reserves, we will only sell to registered wholesalers with the Canadian government," O'Connell said. "And those cigarettes cannot be sold outside of the reserves. They are strictly for sale on the reserves."

> **If you can grow tomatoes, you can grow tobacco.**
> Tom O'Connell

Four Winds is listed as a registered corporation with Industry Canada. It has an office and directors in Kahnawake, Que., a Mohawk community just south of Montreal.

The company is looking at Alberta because Quebec has put a moratorium on new tobacco manufacturing, he said.

O'Connell said Four Winds will apply for the required federal and provincial permits if it hears no objections from neighbouring businesses and gets written approval from the county.

THE CANADIAN PRESS

MEETING CANDIDATES

Metro gets the basics from the candidates: the elevator pitch of their party's platforms and why they should be your representatives in Ottawa.

LUCIE EDWARDSON METRO

CALGARY CONFEDERATION

1 Len Webber

Party: CPC
Age: 53
Occupation: Electrical contractor

Elevator pitch
As a lifelong resident of Calgary, I am running for election as the Conservative candidate for Calgary-Confederation to ensure our constituents and our country continue to have a strong voice on issues that matter. As a former provincial cabinet minister and MLA, I have the experience and a strong record of standing up for my constituents.

Under the leadership of Prime Minister Stephen Harper, Canadians and Albertans have seen lower taxes, historic investments in infrastructure and Canada has been recognized as having the best job creation records in the G7.
On October 19, I ask for your support to represent you in Ottawa.

2 Natalie Odd

Party: Green
Age: 44
Occupation: Project manager

Elevator pitch
Natalie grew up in Calgary and she and her husband are raising their two young sons in Calgary Confederation. She has worked in the private sector, for Alberta Mental Health, and was the executive director of Green Calgary for seven years. Natalie continues to work in the environmental sector, is an active community volunteer and co-founder of an education advocacy group. She holds an MA in environment and management.

Natalie is running for the Greens because of the practical, holistic, positive, fully budgeted platform. Greens look at all issues through an economic, environmental and social lens and commonly find win-win-win opportunities.

3 Kirk Heuser

Party: NDP
Age: 48
Occupation: Communications professional

Elevator Pitch
I believe that public service is an obligation. To whom much is given, much is asked. I have been given the love of my family. And through commitment and hard work I have realized success in my professional life. But with that success comes the obligation to serve and to give back.

I became a journalist to affect change and now I want to do that in Ottawa. I'm running for the NDP because I believe in $15-a-day child care, our commitment to protecting the environment, and our plan to create jobs here in Alberta.

4 Matt Grant

Party: Liberal
Age: 32
Occupation: Corporate Lawyer

Elevator Pitch
I've lived and volunteered in Calgary Confederation for nearly a decade. I've been campaigning for nearly two years. I've served and listened, and I've come to learn that the people of Calgary Confederation are looking for change.

On Oct. 19, we have an opportunity to make history — to send the first non-Conservative to Ottawa from Calgary since 1967. I'm asking all progressives — Liberals, New Democrats, Greens and Progressive Conservatives — to look closely at our platform, to see the common ground available to us if we get to work for Canadians.

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CALGARY FOREST LAWN

1 Cam Stewart

Party: Liberal
Age: 55
Occupation: Education and engagement consultant at Alberta Human Rights Commission

Elevator Pitch
Cam has served Calgary Forest Lawn for over 25 years as a police officer, businessman, teacher and community leader. Cam received the Exemplary Service Medal and the Community Policing Award in recognition of his diligence and commitment in uniting our diverse communities. He believes that education and engagement is the key to building individual and community capacity.

2 Deepak Obhrai

Party: Conservative
Age: 65
Occupation: Member of Parliament

Elevator Pitch
Hon. Deepak Obhrai was first elected as a member of Parliament in 1997 for Calgary East. He was subsequently re-elected as a MP in 2000, 2004, 2006, 2008, and 2011. Obhrai was appointed to the Queen's Privy Council for Canada at the advice of Prime Minister Stephen Harper. Universities Canada awarded Obhrai with a certificate of special recognition for his service to Canada's higher education, research, and innovation.

3 Judson Hansell

Party: Green
Age: 40
Occupation: Professional plumber

Elevator Pitch
The Green party is the best party for Canadians with your best interests in mind. Our amazingly bold platform includes eliminating poverty through a guaranteed liveable income, eliminating student debt and tuition for university students, a national pharmacare program, a national seniors' strategy, instituting proportional representation, repealing Bill C-51, and working toward a green economy based on shifting to renewables, investing in infrastructure, and retrofitting older buildings and homes in order to both stop wasting energy and to put hundreds of thousands of Canadians to work.

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WOOD AUTOMOTIVE GROUP

Sikh group giving out free food in city

LANGAR WEEK

Event held as a way to reach out to other cultures

Aaron Chatha
Metro | Calgary

Fighting hunger, creating equality and spreading compassion.

Harman Dhillon said that's what him and a group of Sikh youth were doing when they set up a tent at the University of Calgary on Monday and gave out free food.

"A lot of people see us on the streets, see me at school and just see me as a turban and a beard," he said. "But they don't see what my goal is, what my mission is."

Dhillon said the event was part of Langar Week, which is an event held globally by people of the Sikh faith as a way to reach out to other cultures.

Langar is practised inside Sikh temples, called Gurdwaras, where free food is offered to anyone who needs to.

Dhillon said Langar is meant to create equality, as the rich and the poor are given the same food and equal respect.

He said throughout the day, it also gave him a chance to learn about other cultures, and see the similarities between them.

"What we tend to do, we take a tree and we start fighting over a leaf. But we don't understand what the roots are," he said, saying most people are working towards a common goal.

The group will also be giving out free food for Langar Week at Mount Royal University on Thursday and City Hall on Friday, from 11 a.m. to 3 p.m.

Harman Singh Dhillon and other Sikh youth are giving away meals as a way of creating intercultural dialogues.
AARON CHATHA/METRO

PHYSICS

Nobel laureate worked with U of A faculty

Canada's newest Nobel laureate has a connection to Alberta.

Arthur McDonald, who was named co-recipient of the Nobel Prize in Physics this week, received an honorary degree from the University of Alberta in 2011.

Three members of the team McDonald worked with on the project that led to the Nobel Prize — Darren Grant, Aksel Hallin, and Carsten Krauss — have since gone on to become University of Alberta faculty members.

"Art is a very smart and effective physicist, but also an exceptional people person who understands the necessity of a great collaboration," said Hallin, professor in the physics department and Canada Research Chair in Astroparticle Physics."He spent a lot of time building the collaboration and pulling people together."
METRO

IN BRIEF

City, recycling company lawyers talking about deal
The city and Greys Recycling are talking through their lawyers, after a deadline came and went on Monday for the company to live up to its lease.

The company, which was set up to manufacture completely recycled paper, had a $60,000 payment due to the city on Monday. It had enough money to make the payment, but the city insisted it come from new paper sales and not investor income as the company had offered.

Greys has been operating out of the Edmonton Waste Management Centre in a building the city helped build, and has received $9.4 million from the city to date.

The city believes it has the option of seizing the plant, but Mayor Don Iveson said he couldn't divulge what steps had been taken since the deadline passed.
RYAN TUMILTY/METRO

Away or busy on October 19?

You can vote in advance.

If you're ready to vote early, you can vote at your advance polling place between October 9 and 12, from noon to 8:00 p.m.

Or you can vote at any Elections Canada office across the country any day until **October 13** at 6:00 p.m.

For all voting locations, check your voter information card, visit **elections.ca** or call **1-800-463-6868 (TTY 1-800-361-8935)**.

Elections Canada has all the information you need to be ready to vote.

Ready to vote
October 19, 2015

Elections Canada

Parents concerned about overcrowding at schools

EDUCATION

Group says shortage of space an issue for 10 years

Aaron Chatha
Metro | Calgary

Parent groups say they weren't surprised at the minister's announcement that 101 school projects are facing delays but emphasized the need for more schools in the city, as current facilities are overcrowded.

"Schools have been dealing with this for 10 years already," said Barbara Silva, spokeswoman for the Support our Students Alberta parent group.

"It means lunchrooms become classrooms. Hallways become lunchrooms. We have things called the census, so we know when children are born here, we know that in five years they're going to end up in a school and we rely on government to properly plan for that."

Silva said she applauds the minister's decision to seek a report from the auditor general and feels the previous PC government over-promised when it came to planning new schools.

Jackie Laviolette, co-chairwoman of the Olympic Heights School parent council, said they were informed weeks ago that the new K-4 school in their area, Aspen Woods, would be delayed more than a year. It is currently slated to open in January of 2017.

Currently her school uses a lottery system to determine which students get into the school and which have to be bused to a different school out of the area.

Education Minister David Eggen announced on Tuesday that of 232 current school projects in Calgary, 101 were facing delays. Of those, 70 per cent have been delayed by more than a year.
AARON CHATHA/METRO

> **We have things called the census, so we know when children are born here, we know that in five years they're going to end up in a school and we rely on government to ... plan for that.**
> Barbara Silva

Laviolette said parents are thankful to be getting a new school in the area but said there are still additional needs in the community. The new school will be K-4, but the junior high in the area starts at Grade 7.

"It remains unclear what the plan is for the Grade 5 and 6s, and we know that money for a middle school will not be forthcoming any time soon in these economic times, but we look forward to more information from the CBE closer to registration time next year," she said.

She said she is thankful the Calgary Board of Education has been transparent with news of the delays.

Joy Bowen-Eyre, chairwoman of the CBE trustee board, said they've been in regular communication with parents and have been working with the new government and the City of Calgary to ensure schools are up and running as fast as possible and within budget timelines.

"This is unprecedented for us," she said. "We're managing 31 capital projects, and so that has never happened within the Calgary Board of Education. So that's managing 31 either new schools, modernizations or rebuilds. That's a huge undertaking. So our goal is to have them up and ready as soon as possible."

When asked about issues of overcrowding, Bowen-Eyre said they try to ensure there is a place for every student within the CBE.

Cheryl Low, board chairwoman for the Calgary Catholic School District, said overcrowding is not an issue for them in these areas.

"We are working through various plans on what is the best approach to meet the needs of our students and at what time of year they would move from their existing school into other schools," she explained.

"That is all part of the planning for us, to make sure we provide quality education for our students."

TIMELINE

School project announcements

In 2011 the PC government began a three-phase project to build and modernize schools in Alberta.

This information is gathered from Alberta.ca:

1 2011
Then-premier Alison Redford announces 35 new schools for the province.

By September of this year, more than 30 of these projects are fully completed.

The PC government would call this Phase 1 of their three-phase plan, consisting of new schools and modernizations they said were essential in keeping up with 10 years of unprecedented growth.

2 2013
Phase 2 is announced, including 50 new schools and 70 modernizations. All but five were expected to be ready to accept students by September 2016.

In March of this year, the PC government announces these schools have made steady progress through the building process.

They say 38 are in construction, 54 are in design and 26 are out to tender. One is in planning.

3 2014
Phase 3 is announced, which includes 55 new schools and 20 modernizations. The PC government calls the three-phase project the largest school-construction project in Canadian history.

Later, two more schools would be added, for a total of 77 schools.

4 2015
The NDP government announces that of the 232 current projects, made up from all three phases, 101 will be delayed.

TRAVELLING EXHIBITION

Artists tell WWI story through paint

Jeremy Simes
For Metro | Calgary

When David Nielsen was helping his son Oscar read a Grade 3 version of the Odyssey, he realized the book needed some cool illustrations to go with it.

So, he and his colleague Craig Friesen got together to do just that.

No, they didn't illustrate an entire book but painted 18 panels replicating the story of the Odyssey in the context of the First World War, as part of the Alberta Foundation for the Arts Travelling Exhibition Program.

The smaller duplicates of the original panels will tour the province for the next two years, making their second stop at the West Springs School in the city's southwest Thursday.

The panels tell a story of a soldier who goes to war overseas, faces many dangers and gets injured while returning home to his wife and son.

In the panels, the cyclops is depicted as a single-propeller aircraft, the lotus-eaters as soldiers who become inactive and wait, the devastated temple of Athena as Europe's bombed cathedrals, and Circe's poisonous drink as the clouds of poison gas.

The exhibition's curator, Caroline Loewen, said she chose the duo's creation because their idea revolved around history and how it tends to repeat itself.

"It tells our history through a different medium, and (the work) is easy to understand," she said. "I think (the work) will grab the attention of kids and those who don't normally go to exhibitions."

Nielsen said he hopes the comic-book-like panels — which contain words to go with the imagery — will strike a chord with those who view them.

"This art is so cool," he said. "It'll teach kids about conflict, literature, collaboration and art itself. I think it really clicks."

The exhibition will be at the school until Nov. 4.

David Nielsen and Craig Friesen's comic-book-like panels tell the story of the Odyssey in the context of the First World War.
JEREMY SIMES/FOR METRO

ROB KRUYT/FOR METRO

METROTALKS ELIZABETH MAY

The Green party leader drops in for a revealing chat with Metro Vancouver during another whirlwind day on the campaign trail

BATTLING PUBLIC PERCEPTION

Matt Kieltyka
Metro | Vancouver

Whoosh.

In a sudden rush, Elizabeth May, the Green party's energetic leader, glides into a boardroom at Metro Vancouver's office.

Still munching on a bag of bulk almonds forced on her by her 24-year-old daughter and campaign caretaker, Cate May Burton, the MP for Saanich-Gulf Islands makes her greetings and quickly grabs a hairbrush from Cate's purse.

Two strokes.

"Does my hair look OK?" May asks, using her daughter as a mirror while not seeming to care what the answer is.

Good enough.

No almonds stuck between her teeth? Check. Good to go.

"My daughter keeps me alive," admits May, off the back of a news conference in opposition to increased tanker traffic off B.C.'s coast and cutting it close to her flight out of town.

What follows isn't the scattered lightning round you'd expect from someone living in the eye of the storm, but a composed and revealing conversation about the nation and the misperceived role of the surging Greens in that system.

Chiefly, May bats away the public perception that her party of eco-lovers hate all things oilsands.

"Obviously, the Greens oppose (Kinder Morgan and Enbridge in B.C.), as we oppose Keystone and Energy East," she says.

Obviously. May believes most of our fossil fuels should be left in the ground. But…

"A lot of people don't necessarily fully understand the reasons for our opposition. It's not good for our economy, either, to have a strategy for oilsands development which is about maximizing the production of a low-value product and exporting it unprocessed," she said.

May argues that in supporting a "rip and strip" economy, Stephen Harper's government has been beholden to multinational corporations when it should be processing, upgrading and refining oil and gas at home, stimulating the economy and creating jobs.

"The idea that being against pipelines is somehow being against jobs is absolutely, on its head, the opposite to the reality that this is all about shipping jobs to other countries," May says.

She thinks the federal government should sit down with provinces and create a national energy plan, following former Alberta premier Peter Lougheed's plan to manufacture bitumen, upgrade it to crude and process it in refineries in Alberta as a public resource.

The only country that has successfully followed his plan to the letter, May says, is Norway, which has leveraged its oil reserves into a trillion-dollar legacy fund for its people.

"If you divided up the legacy fund to the population of Norway, every Norwegian is a millionaire," she says, "because they followed Peter Lougheed's plan. So often the Greens are portrayed — because we are absolutely against bitumen pipelines and tankers — we're portrayed as if we're somehow against Canada's economic prosperity, and the opposite is true."

May spends the next 40 minutes talking about strategic voting, her exclusion from various leaders debates, trade agreements and even her aspirations to one day write mystery novels — until she feels a familiar tug on her sleeve.

"We really have to go," Cate pleads, as her mother — ever willing to engage on issues and show off a candidate's "Cut the bulls—" poster — is reluctantly pulled away.

It's going to be another mad scramble to the airport.

Clear a path ahead of the Green tornado's next stop.

Fear, strategic voting biggest threats to the Green party

Emily Jackson
Metro | Vancouver

Elizabeth May thinks her party has a shot at winning 12 to 15 seats, but with one major caveat — it will happen only if people aren't swayed by anyone-but-Harper strategic voting campaigns that assert a Green vote is a wasted vote.

"I have people saying, 'You know, I voted for you last time and I really love you … but this time I have to vote strategically," she said, chastising the increasingly popular argument for strategic voting.

It reasons that a vote for the Greens helps Harper by splitting votes between the Greens, NDP and Liberal candidates, thus stopping any from getting elected.

But May argues that is false.

"If that was true, Stephen Harper would be working to get me in debates, not get us out," she said.

"The biggest threat to those seats going to Greens is people being afraid."

Green voters are often people who usually vote Conservative or people who didn't vote at all in previous elections, she said. In 2008, the year the party got the most votes, Harper won only a minority government. In 2011, when the Green vote plummeted — May believes this is because she wasn't allowed in major debates — Harper won a majority.

May won a seat in 2011 but did not in 2008.

She sympathizes with people who feel pulled to vote strategically but said it discourages voter turnout by making people feel uncertain and fearful. And it's important to encourage people to hit the polls, since nearly 40 per cent stayed at home last time.

"The biggest voting block in this country is the people who in 2011 and in 2008 stayed home," she said.

Outside of B.C., where the Greens undoubtedly hold the most clout, May said there are "pockets of strength" in New Brunswick, Prince Edward Island, Ontario and Quebec.

She is particularly optimistic about the prospects of Mary Lou Babineau in Fredericton and MP Bruce Hyer in Thunder Bay-Superior North.

ROB KRUYT/FOR METRO

PRIORITIES

If the Green party held the power...

Elizabeth May outlines the priorities that she'll try to push through, if the Greens hold the balance of power in the coming parliament:

1. **Foster a co-operative, productive parliament**
2. **Get rid of the first-past-the-post electoral system (the Greens, Liberals and NDP all prefer proportional representation)**
3. **Abolish anti-terror Bill C-51**
4. **Demand real climate action, including keeping tankers off the coastline, and head to the UN climate talks in Paris as leaders**

"That's it."
— Elizabeth May

ON NEIL YOUNG

"The first set of the concert was his more acoustic stuff, his older stuff, so I was transported back. I was remembering my friends' houses where I first heard various Neil Young songs. This was Grade 11. To know I was going to be meeting with him was very cool.

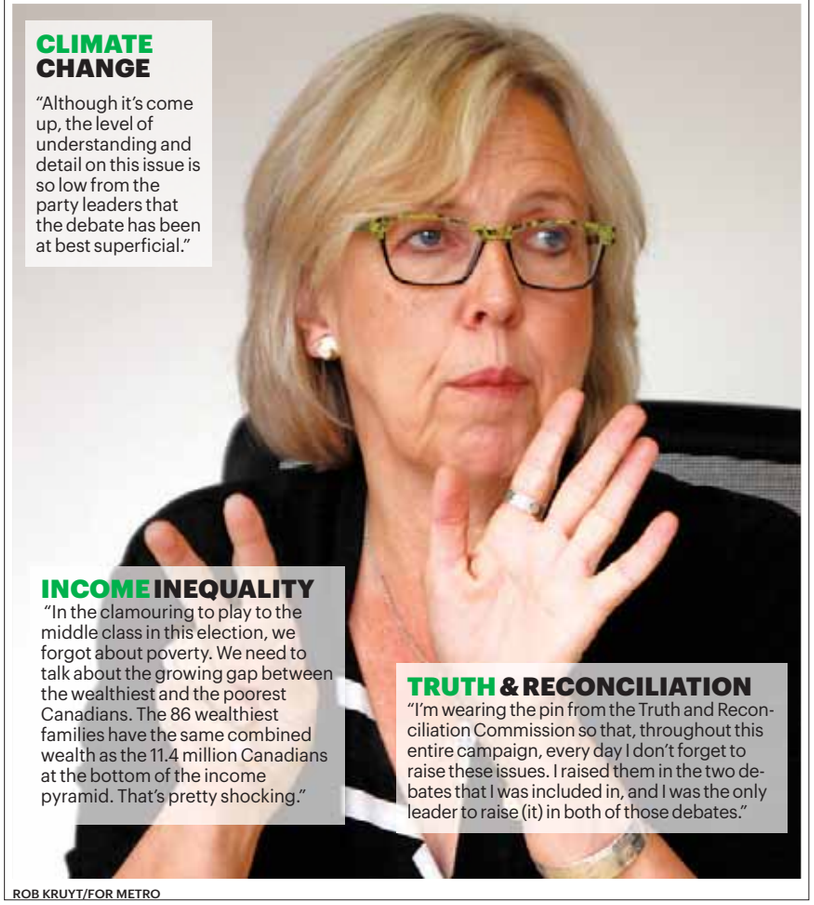
He's been very active on environmental issues and particularly promoting the campaign to put environmental rights in our constitution, and because we're the only party who's been advocating for that, he wanted to meet with me. So it was fantastic.... It was just as exciting as anyone who is a Neil Young fan would imagine it is to have a chance to hang out with him."

— Elizabeth May, after meeting Neil Young in Vancouver on Monday night

Neil Young speaks to reporters in Vancouver on Monday. EMILY JACKSON/METRO

What May would say

Elizabeth May has been forced to sit on the sidelines for three of the five leaders' debates during this election campaign. Here's what she would add to the debate:



CLIMATE CHANGE

"Although it's come up, the level of understanding and detail on this issue is so low from the party leaders that the debate has been at best superficial."

INCOME INEQUALITY

"In the clamouring to play to the middle class in this election, we forgot about poverty. We need to talk about the growing gap between the wealthiest and the poorest Canadians. The 86 wealthiest families have the same combined wealth as the 11.4 million Canadians at the bottom of the income pyramid. That's pretty shocking."

TRUTH & RECONCILIATION

"I'm wearing the pin from the Truth and Reconciliation Commission so that, throughout this entire campaign, every day I don't forget to raise these issues. I raised them in the two debates that I was included in, and I was the only leader to raise (it) in both of those debates."

ROB KRUYT/FOR METRO

CLUB DEAD

Next up for May: The great Canadian mystery novel

When she's not trying to save the world from climate change or investigating secret trade agreements, Green party Leader Elizabeth May wants to create some mysteries of her own.

"I'm a fan of mystery novels," reveals May, who just might be best-selling Canadian author Louise Penny's biggest fan. "I've written eight books, but they're all non-fiction. There are huge threats to my kids and grandkids right now. Until those are resolved, I'm going to stay in politics and I'm going to write non-fiction. But I would love to write fiction."

So without a hint of hesitation, May shared with Metro the first line of her would-be mystery novel, Club Dead:

"The paradise escape vacation had been on her bucket list for as long as she'd had one — but she had not planned it as a terminal trip."

May, giddy with delight, outlines the plot:

"It's going to be a mystery of figuring out whodunit, right? Of course, a place like the fictional Club Med in my Club Dead novel will not be wanting vacationers to know there's something wrong. Like, it was an 'accident' with the scuba equipment, the guy who just died on excursion, and they kind of just shush it up. And when someone gets food poisoning and dies at the buffet, well, did they know the person who just died in the scuba accident? Hmm.

"As the deaths pile up and the core vacation enterprise keeps keeping it quiet, there is one vacationer — of course, she's a police officer from Vancouver taking her first vacation in years — and she starts figuring out that something is amiss."

So keep your eyes peeled, because it looks like someone wants to add an Agatha Award to her Order of Canada.

ROB KRUYT/FOR METRO

READY TO ENGAGE

Metro's coast-to-coast daily election series connects young, urban Canadians to the issues they care about

Political junkie breaks mould of the young voter

ROSEMARY WESTWOOD
in Toronto

Alexander Cohen is late.

He arrives with apologies and the buzzing energy of a 20-year-old man who's taken a swig of sweet politics, and is hooked.

Cohen has been in a meeting all morning — every weekday morning, lately — plotting to get out the vote on campus. And, as head of the University of Toronto's young Liberals' club, the Liberal vote, in particular.

This morning's task: How to capitalize on a visit from little-known Stéphane Dion, who was leading the Liberals when today's university students were hitting puberty.

"We're doing a vote mob," he says, which seems to mean a rowdy crowd roaming campus encouraging students to vote in advance polls.

"University students, post-secondary students, actually do vote in the same numbers as the general population. So on a university campus, get out the vote is very useful," Cohen notes. That could especially matter in his Toronto riding, hotly contested between the media-personality candidates of the NDP and Liberals (Jennifer Hollett and Chrystia Freeland, respectively). Some MPs are elected by only a few thousand votes, he notes, an outcome that could be swayed by the thousands of U of T students who will likely cast ballots.

Cohen, raised in a politically savvy Ottawa family, has felt a kinship to politics since he first brought a campaign sign to school when he was a boy (his non-partisan parents wouldn't put on the lawn).

"What I like about politics is it touches everything," he says. He's curious about how our country is run, and says the Liberals' centrist politics match his belief that "the best solution in this country don't come from the polarized left and right."

The Liberals "have been involved in building this country for years," he says, entrenching official bilingualism, medicare, and the Charter of Rights and Freedoms.

And while he had his doubts when Trudeau was named party leader, "we've seen Justin Trudeau grow over the past couple of years," he says.

Cohen praises the party's housing strategy and plans to improve public transit and boost youth employment. He recounts in detail Freeland's CV and calls her "a heavy hitter."

"There's a lot more the government can be doing" for young Canadians, he says. "Is it easier or harder for a young person like me to pay for school, get a place to live and get a job in downtown Toronto than it was in 2006 when Stephen Harper came to office? It's harder."

Still, he admits that young Canadians remain largely overlooked in national politics. The Liberals, in announcing their final platform document, named it after the golden-goose "middle class" — a purely aspirational group for most millennials.

And yet Cohen remains engrossed. The local battle is tight; recent national polls show the Liberals pulling ahead of the Conservatives, and the NDP waning. "We're on a knife's edge," he says. "We're at a moment right now where so, so much is possible. There's a lot happening, and elections are fun, because they are about possibilities." In the words of a believer, this is big opportunity, and "I think we can seize it."

Rosemary Westwood is travelling across the country talking to young voters. She'll be in Toronto again tomorrow.

VOTER PROFILE

Name: Alexander Cohen **Age:** 20 **Riding:** University-Rosedale
His issues: Affordable housing, jobs and public transit

Conservative pot stance 'complete nonsense'

POLICY

Advocates say lives shouldn't be ruined over marijuana use

Jeremy Simes
For Metro | Calgary

Gilbert Ngabo
Metro | Toronto

Stephen Harper's recent comments on marijuana have drawn ire from community advocates and medical users of the drug.

While speaking at a campaign stop in Montreal Saturday, the Conservative Party leader said cannabis is "infinitely worse" than tobacco.

He insisted his government would continue to apply tough laws against its use, a stance he's maintained even during candidate debates. Keith Fagin, founder and director with Calgary 420 Cannabis Community, an advocacy group that looks to legalize the sale of marijuana through regulation, much like alcohol, said Harper's comments are "complete nonsense."

"It's ridiculous," he said.

Fagin said the government's current drug policy can ruin young people's lives, where some end up in jail for having a pipe and a bit of residue in it.

> **Harper's claims aren't based on science and evidence.**
> Keith Fagin

"Just because they consume a bit of cannabis doesn't make them bad people," he said. "Kids tell me they feel like they miss out on job opportunities after they get a criminal record for minor incidents."

Pot can also be abused and affect people's health negatively, Fagin added, but alcohol, for example, is no different.

"Anything can be abused," he said. "But marijuana is a lot less harmful when used normally."

The Conservatives have long linked the use of marijuana to the increase in risks of mental health problems. However, medical research on that issue is divided.

Details from a 2014 report on the issue from the Centre for Addiction and Mental Health drew specific conclusions.

While the use of cannabis carries significant health risks — especially for people using it frequently or beginning to use it at an early age — criminalizing it heightens these health harms and causes more social harms, the report concluded.

On a scale of 0-100, both tobacco and cannabis were rated 0 on lethality. Tobacco was rated 100 for damage to physical health, while pot was 20. Marijuana however was rated 30 for impairment of mental functioning, while tobacco was rated 0.

"At the levels and patterns of use reported by most adult cannabis users, the health risks are modest, significantly lower than tobacco or alcohol," the report said.

BY THE NUMBERS

Which is the baddest habit?

Justin Trudeau wants to legalize recreational use of marijuana, while Stephen Harper says pot's effects are 'infinitely worse' than tobacco's. They can't both be right, can they?

10% of users become addicted

4% of users report problems

Has been linked to **bronchitis** and **cancer**

Hindering **cognitive** and **psychomotor** effects

68% of users become addicted

Between **30% & 50%** of users report problems

37,000 people die each year due to use

Costs health care **$4.4 billion** every year

SOURCE: THE CANADIAN PRESS

Harper to ponder banning the niqab in public service

ELECTION 2015

Claims Tories united with public opinion on matter

A Conservative government would look at banning public servants from wearing the niqab, Stephen Harper told the CBC on Tuesday.

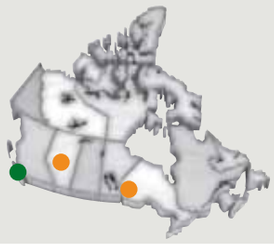
"That's a matter we are going to examine," Harper said in an interview with Power and Politics host Rosemary Barton.

"Quebec, as you know, has legislation on this, and we are looking at that legislation."

Harper said the "vast majority of Canadians" understand the Conservative government's decision to try to ban face coverings at citizenship ceremonies.

The policy, however, has been overturned in the courts.

WHERE THE LEADERS ARE WEDNESDAY



- **Stephen Harper's** itinerary is not available.
- **Justin Trudeau's** itinerary is also unavailable.
- **Tom Mulcair** will be in Enoch, Alta., Whitefish Bay, Ont., and Kenora, Ont.
- **Elizabeth May** will be in Victoria, B.C.

The Federal Court of Canada found the rule unlawful in February, and the Federal Court of Appeal recently upheld the decision.

On Monday, the appeal court also rejected the government's request to put the ruling on hold while Ottawa seeks a hearing at the Supreme Court of Canada.

Justice Johanne Trudel dismissed the government's application for a stay of a Sept. 15 decision that affirmed the unlawfulness of the prohibition on face coverings at citizenship ceremonies.

The case was brought on behalf of Zunera Ishaq, who refused to take part in a ceremony because she would have to show her face while reciting the oath of citizenship.

The NDP and Liberals have accused the government of using the issue to distract voters. THE CANADIAN PRESS

Conservative Leader Stephen Harper greets supporters before speaking during a campaign stop at Global Systems Emissions Inc. in Whitby, Ont., on Tuesday.

NATHAN DENETTE/THE CANADIAN PRESS

FREEDOM

Fahmy making return to Canada

A Canadian journalist who fought terror-related charges in Egypt for nearly two years has finally begun his journey home.

Mohamed Fahmy tweeted a photo on Tuesday of himself with Canada's ambassador to Egypt, Troy Lulashnyk, writing: "Canadian Ambassador Troy kindly escorted me to the gate at Cairo airport. A glorious end to our battle for freedom!"

On Monday, Fahmy was told his name was removed from a no-fly list, clearing the way for his departure from Cairo.

Fahmy's first stop is London, where he plans to meet with his high-profile lawyer, Amal Clooney, and take part in a few speaking engagements.

He is then expected to fly to Toronto, where he's said he plans to urge political party leaders to make sure Canada does everything possible to help citizens detained abroad

THE CANADIAN PRESS

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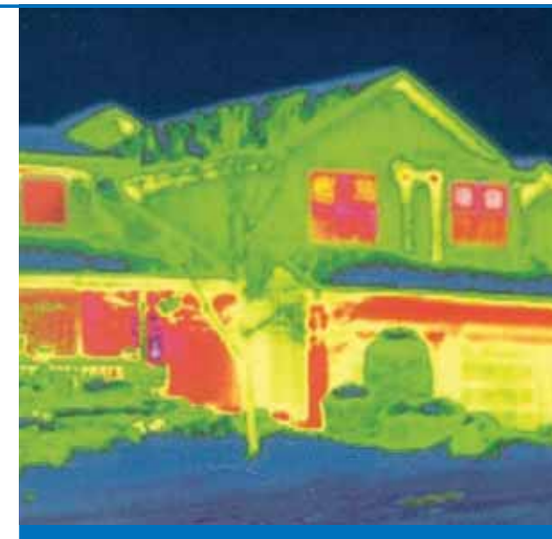

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IN BRIEF

EU offers Turkey bonuses to handle Syrian refugees

The European Union is ready to offer Turkey new incentives to better tackle the Syrian refugee crisis, including money, the easing of visa restrictions and better intelligence sharing. The offer came in an action plan unveiled Tuesday, which in exchange would see Turkey improve its asylum and documentation procedures and beef up border security. Around two million refugees from Syria are currently in Turkey.

The Draft Action Plan was presented to Turkish President Recep Tayyip Erdogan during his visit to Belgium and the EU but has yet to be officially accepted by Turkey. It doesn't address demands made by Erdogan for Turkey's EU membership process to move ahead more quickly.

THE ASSOCIATED PRESS

Family of Pistorius speaks out about aborted release

Oscar Pistorius' family criticized South African authorities on Tuesday for delays in deciding whether he should be released from jail and moved to house arrest, saying his rights were being "undermined" because of the publicity surrounding his case.

The family also reacted to parole officials' recommendation that the double-amputee runner undergo psychotherapy, saying he was already receiving "regular and ongoing" psychotherapy from both his personal and prison psychologists.

The Pistorius family spoke out in a written statement after his early release — which had been granted in June — was cancelled Monday and ordered to be reconsidered.

THE ASSOCIATED PRESS

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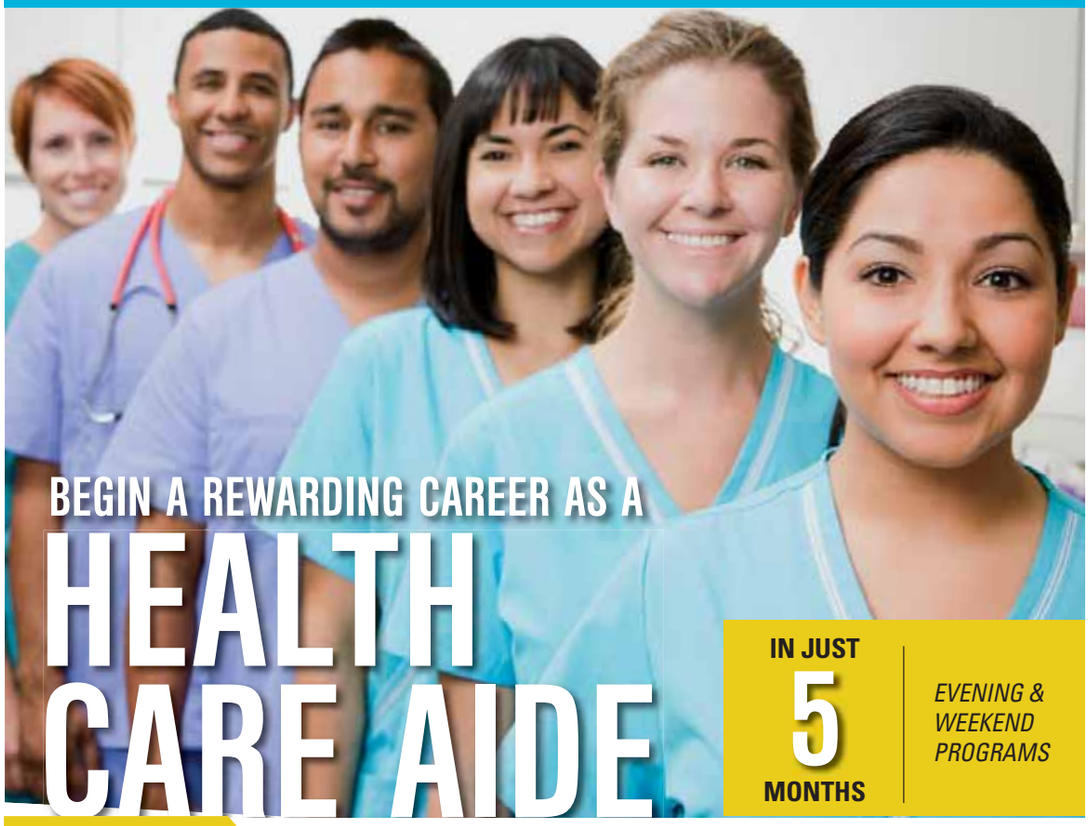

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Floodwater covers a swing set in Effingham, S.C., on Tuesday. GERRY BROOME/THE ASSOCIATED PRESS

Homes in ruins after flooding

SOUTH CAROLINA

Historic rainstorm blamed for at least 17 deaths

The family of Miss South Carolina 1954 found her flood-soaked pageant scrapbook on a dining-room floor littered with dead fish on Tuesday, as the first sunny day in nearly two weeks provided a chance to clean up from historic floods.

"I would hate for her to see it like this. She would be crushed," said Polly Sim, who moved her 80-year-old mother into a nursing home just before the rainstorm turned much of the state into a disaster area.

Owners of inundated homes were keeping close watch on swollen waterways as they pried open swollen doors and tore out soaked carpets.

So far, at least 17 people have died in the floods in the Carolinas, some of them drowning after trying to drive through high water.

Sim's mother, known as Polly Rankin Suber when she competed in the Miss America contest, had lived since 1972 in the unit, where more than three feet of muddy water toppled her washing machine and turned the wallboard to mush.

"There's no way it will be what it was," said Sim. "My mom was so eccentric, had her own funky style of decorating; there's no way anyone could duplicate that. Never."

Tuesday was the first dry day since Sept. 24 in South Carolina's state capital, where a curfew was in effect.

But officials warned that new evacuations could come as the huge mass of water flows toward the sea, threatening dams and displacing residents along the way.

Of particular concern was the Lowcountry, where the Santee, Edisto and other rivers make their way to the sea. Gov. Nikki Haley warned that several rivers were rising and had yet to reach their peaks.

THE ASSOCIATED PRESS

IN BRIEF

Microsoft rolling out new slate of products

Microsoft unveiled its new Lumia 950 phones Tuesday that blur the lines between a phone and a computer. With an optional dock, you can attach a regular monitor, keyboard and mouse and work with apps on the phone just like you would on a Windows 10 desktop. The phones start at $549 US and will be available in November. The company also announced an updated fitness tracker and showed off a HoloLens virtual-reality device.

THE ASSOCIATED PRESS

market minute

DOLLAR 76.76¢ (+0.35¢)

TSX 13,647.26 (+95.06)

OIL $48.53 US (+$2.27)

GOLD $1,146.40 US (+$8.80)

NATURAL GAS: $2.470 US (+2.0¢)
DOW JONES: 16,790.19 (+13.76)

Most not ready for a rate hike

PERSONAL FINANCE

Survey finds 16% couldn't pay $500 more in mortgage

Nearly one in six Canadians would not be able to handle a $500 increase in their monthly mortgage payments, a new survey from the Bank of Montreal suggests.

According to the bank, 16 per cent of respondents said they would not be able to afford such an increase, while more than a quarter, or roughly 27 per cent, would need to review their budget.

Another 26 per cent said they would be concerned but could probably handle it.

Such an increase would be generated in the case of a three percentage point hike in interest rates — from 2.75 per cent to 5.75 per cent — on a $300,000 mortgage with a 25-year amortization period.

A report by Statistics Canada last month found the ratio of household credit market debt to disposable income climbed in the second quarter of 2015 to 164.6 per cent, up from 163.0 per cent in the first three months of the year.

That means Canadians owed nearly $1.65 in consumer credit and mortgage and non-mortgage loans for every dollar of disposable income.

The report by BMO's Wealth Institute found that almost half of Canadians, 47 per cent, believed that the high level of debt in Canada has been influenced by soaring real-estate values, while 40 per cent believed it has been influenced by low rates.

> **Many Canadians have used low interest rates to get larger loans on more expensive houses.**
> BMO report

Interest rates, including mortgage rates, have been near historic lows.

BMO noted that when interest rates are low, it is a good time to make aggressive principal repayments on loans. Its survey found that 35 per cent of respondents are looking to pay down their mortgage sooner.

"However, statistics have shown that debt service rates have not changed very much from the early 1990s, when interest rates were much higher," the report said. "It appears that many Canadians have used low interest rates to get larger loans on more expensive houses rather than to aggressively repay their debt."

THE CANADIAN PRESS

BMO's Wealth Institute reports 47 per cent of Canadians believe soaring real-estate values have influenced consumers' high levels of debt. THE ASSOCIATED PRESS FILE

DATA STORAGE

U.S. servers not safe, court says

Facebook and thousands of other companies could find it vastly more complicated to do business in Europe after a court ruled that personal data sent to U.S. servers is potentially unsafe from government spying.

Some 4,500 companies have long been able to store users' personal data — everything from status updates and photos to personal information like bank details and home addresses — where they see fit, often in the U.S.

That could change after Europe's top court on Tuesday declared invalid a 15-year-old pact allowing the unfettered transfer of personal data outside the European Union's 28 countries.

The case was brought by an Austrian law student in the wake of revelations by former U.S. National Security Agency contractor Edward Snowden of the extent of the NSA's surveillance programs. Max Schrems complained that U.S. law doesn't offer sufficient protection against surveillance of data transferred by Facebook to servers in the United States.

The verdict could have far-reaching implications for companies operating in Europe. It does not mean they have to immediately stop transferring data to the U.S. Rather, it opens up the possibility that European regulators will be inundated by complaints by consumers who do not want their data stored in the U.S. That would make it difficult for companies to do business.

THE ASSOCIATED PRESS

ECONOMY

IMF sees growth slowing to 1%

The International Monetary Fund has cut its growth outlook for the Canadian economy to just 1 per cent for the year due to the drop in oil prices and reduced investment in the energy sector.

The forecast, issued Tuesday, is down from the IMF's expectation in July for Canadian growth of 1.5 per cent.

A major contributor to Canada's slowdown, it said, was lower capital spending in the oil sector.

The downgrade by the IMF came as Statistics Canada reported the country's trade deficit with the world increased to $2.5 billion in August, as exports posted their biggest drop since 2012 due to a sharp fall in oil prices.

3.1%

The IMF said the world economy would grow only 3.1 per cent this year, the lowest since 2009.

CIBC economist Nick Exarhos noted soft energy prices and temporary disturbances to more regular trade patterns played a role in August.

"It's clear that the cheaper loonie still needs time to have its full effect in lifting Canadian export volumes," Exarhos said.

Canada's exports in August fell 3.6 per cent from the previous month to $44 billion, while imports edged up 0.2 per cent to $46.5 billion.

THE CANADIAN PRESS

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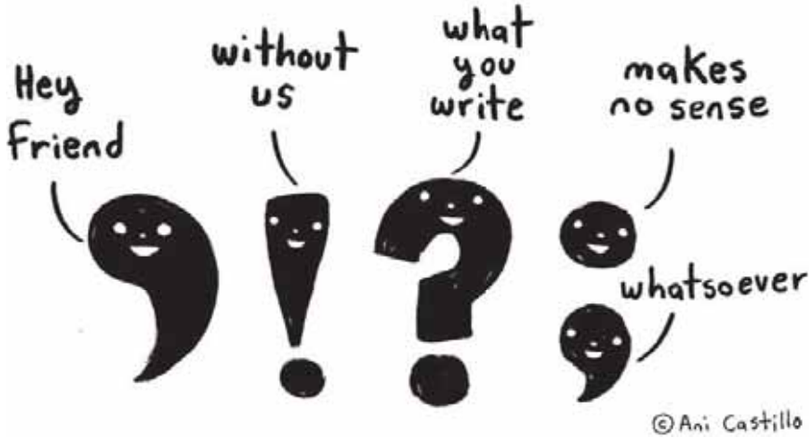
metro VIEWS

A paper in the journal Science has raised hackles for suggesting the food guide should account for the environmental impact of our choices. Food industry reps dismiss it as political overreach.

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I am a student at one of Canada's top universities and I just got a disturbing mass email from my history professor. I'm in awe of all the grammatical and punctuation errors. Am I being a snob?



Dear Ellen,

I am a student at one of Canada's top universities and I just got a disturbing mass email sent out to the whole class from my history professor. I'm in awe of all the grammatical and punctuation errors. Am I being a snob? Is that wrong?

Rufus in Vancouver

Dear Rufus,

Coincidentally, I just heard a story from a relative in Winnipeg about a disturbing grammatical incident in an operating room. A teenager named Forbes was getting a couple of screws put into his tibia to repair a badly broken leg. As he was going under, he asked the anesthesiologist about a sheet suspended from a bar above his chest. "Is that so I can't see what's happening?" Forbes asked. "Probably," said the anesthesiologist. Forbes felt his concern rising. "Because I really don't want to see this," he added. The anesthesiologist shrugged: "It don't matter."

Forbes was almost unconscious at this point — but sheer disbelief evoked a superhuman effort to remain alert. Did this medical doctor, who was a native English speaker and who was presumably university-educated and who was in charge of calibrating a chemical cocktail that could turn Forbes' teenaged brain into perma-mush, just say, "It don't matter"?

Clinging to his last shred of consciousness, Forbes slurred out a correction: "Donshew minn it *dushent* matter?" The last thing he remembers is the OR erupting in laughter.

Clear communication is vastly more important than slavishly following rules.

Unfortunately, Forbes' distrust of the badly spoken anesthesiologist was borne out when, not having been given enough gas, he woke up in the middle of the procedure and then, after the doc administered too much compensatory gas, he puked his guts out in post-op.

I hesitate to draw a direct line between bad grammar and life-threatening incompetence and I definitely do not subscribe to the elitist attitude that perfect grammar is a must for everyone. Clear communication is vastly more important than slavishly following rules. To the extent that such rules are useful at all, it's insofar as they transmit meaning clearly. And being a snob about language is the antithesis of both clear communication and good manners.

But if there is a time and a place for proper grammar, surely it's among expensively trained, highly trusted medical professionals and academics.

If you're at a top university, Rufus, you (or your parents) have probably spent a small fortune on tuition, books, supplies and room and board, and it's reasonable, and in no way "snobby," to expect your teachers to be at least as respectful of written communication as you are. You're at university to learn how to think critically, with precision and subtlety. Proper grammar and punctuation are essential tools used to achieve precision and subtlety. How can you learn from someone who doesn't seem to know this?

As it is, your professor's sloppily written email indicates sloppy thinking. It's possible he or she is learning disabled, or dyslexic, or the email was written under duress while your professor was being held captive and is actually a carefully coded cry for help — in which case we'd love to hear the whole story, grammatical or otherwise. But, barring the kidnapping scenario, there's no excuse for not asking someone else to edit communiqués before inflicting them on impressionable students. Personally, I'd be tempted to send the professor a corrected version of the email and then ask for a refund on that particular course.

But let us not forget the lesson of the ungrammatical anesthesiologist. You may not want to risk being subjected to the academic equivalent of too much or too little surgical-strength ketamine on your pliant young brain.

My advice is that you fill out the online survey that university students are asked to complete these days. Be fair, and polite, but detailed in your description of any and all sloppy emails sent out by any and all instructors.

And, seriously, when else will you ever get the chance to pen a (supposedly) Churchillian and deliciously ironic phrase such as: "This kind of grammatical offence is something up with which I will not put"?

Need advice?
Email Ellen:
scene@metronews.ca

metroview

Here's why farmers are turning against the Conservatives

Laura Boyd-Clowes
For Metro

Farmers have traditionally been reliable supporters of Stephen Harper's Conservative government.

But that's changing. In the past five years, more and more farmers have turned against the prime minister. A farmer in Brantford, Ont., recently went so far as to mow the message "Anybody But Harper" into one of his fields.

The reason for the backlash is simple: the current government has demolished the precious little security of Canadian farmers' livelihoods.

One of the worst attacks on farmers was when the government handed the Canadian Wheat Board to Saudi- and U.S.-based firms, against wheat farmers' wishes.

Canadian wheat growers now face uncertain competition in global marketplaces. Probably only the largest operations will be able to survive.

What's more, Harper's been responsible for many devastating cuts to agricultural research, leaving farmers without the knowledge they need to do their jobs — and grow our food. Shouldn't a federal government make that a top research priority?

Canadian farmers are also worried about the decision by Harper to sign the Trans-Pacific Partnership (TPP) — a free-trade agreement intended to improve Canada's economic relationships with other countries along the Pacific, including the U.S., Australia, Japan and Chile. Dairy farmers have been demonstrating against the TPP, which they say jeopardizes their livelihoods.

Because the agreement means more imported dairy, they fear overseas producers will out-compete Canada's own suppliers. Profits are already so low, many small dairy farms across the country have been forced out of business.

If larger international companies manage to undercut Canadian prices, this will make it even harder for our farmers to make a decent living. Small, independent farmers will be increasingly contributing to unemployment statistics.

There is a not-so-hidden message behind Harper's actions: the Conservatives know what is best, so we should all just shut up.

I have farmers in my family and I myself have lived and worked on farms. Farmers know what's best for themselves. Working with plants, animals and machinery in increasingly unpredictable weather, overcoming obstacles and improving margins require practical, scientific thinking. When farmers say, "These policies will not work for us," they've observed the results of similar policies elsewhere and seen that they haven't worked for farmers.

No matter whether you're urban or rural, or what your job is, as long as you eat, you should be worried. The livelihoods of small farmers, and by extension the sovereignty of our food system, is depending on voters to reverse the damage Harper's government has done.

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by Jason Logan

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Ellen Page could reprise Julia Roberts' role in the 1990 sci-fi thriller Flatliners

RECIPE EXCERPT

Almond-Crusted Trout and Ginger Rice Pilaf

Quantity: 4 servings
Prep time: 30 minutes
Cooking time: 6 minutes
INGREDIENTS
• 2 Tbsp butter
• 1/2 cup finely chopped yellow onion
• 2 Tbsp fresh ginger, peeled and finely chopped
• Salt and freshly ground pepper, to taste
• 1 cup long-grain white rice
• 2 cups chicken stock
• 1 1/2 lbs trout
For the crust:
• Zest and juice of 1 lime
• 1 to 2 tsp sriracha sauce, to taste
• 1/4 cup finely chopped fresh cilantro
• 1/3 cup panko bread crumbs
• 1/3 cup almond flour
• 1/3 cup mayonnaise
• Salt and freshly ground pepper, to taste
STEPS
1. Preheat the oven to 400 F.
2. Melt the butter in a pot and cook the onion and ginger together until soft, about 5 minutes. Season with salt and pepper.
3. Add the rice and cook for 2 more minutes, stirring often.
4. Add the chicken stock and bring the mixture to a boil.
5. Reduce the heat, cover and cook for 15 to 20 minutes or until the rice has absorbed all the stock. Adjust the seasoning.
6. Arrange the trout on a baking sheet, season with salt and pepper, and set aside.
7. In a bowl, combine all the crust ingredients. Season with salt and pepper, and then spread the mixture over the trout fillets.
8. Bake in the oven for 5 to 6 minutes, and then broil until the crust turns lightly golden brown.
9. Serve with the rice pilaf.

A healthy obsession

Trout gets a flavour boost with a tasty panko crust. ALL PHOTOS AND RECIPES ARE TAKEN FROM THREE TIMES A DAY BY MARILOU AND ALEXANDRE CHAMPAGNE. REPRODUCED WITH PERMISSION FROM HOUSE OF ANANSI PRESS, HOUSEOFANANSI.COM. AVAILABLE FROM YOUR LOCAL BOOKSELLER OR FROM HOUSEOFANANSI.COM.

COOKBOOK

After battling anorexia, Marilou blogged her way back to eating well

Melita Kuburas
Metro | Canada

Food is culture. Food is nutrition. Food is friendship.

Increasingly, food has also become an obsession, with many of us photographing and posting our pretty plates, proselytizing about "eating clean" or the health benefits of hemp seeds, kombucha, or sacha inchi — examples of my own recent fetishes.

For Marilou, a French-Canadian singer and blogger whose cookbook Three Times a Day comes out on Saturday, food used to be something to fear.

"Food was kind of an enemy because it would make me become fat. It was the only thing I could feel around food," says Marilou, who battled anorexia for about five years. Her eating disorder started when she was 16 and left her physically and emotionally spent.

"I loved eating but I couldn't enjoy it. I was really obsessed. I was only thinking about that, even if I was at a movie or with friends or with family," says the 25-year-old, who goes only by her first name.

"I knew that I wanted children and so I knew that I wouldn't be able to continue my life like that and be the woman that I wanted to become."

Marilou is now expecting a child with her husband and collaborator, Alexandre Champagne, 30.

Together they started the blog TroisFoisParJour.com on the heels of Marilou's recovery, in part as a way to share her experience with the thousands of young women who started reading. Since its launch in 2013 the blog has attracted 400,000 followers, and last year's French-language print of the cookbook has sold 200,000 copies.

Champagne's background as a portrait photographer translates into the esthetic of the cookbook, where the meal is his muse. He combines his love of vibrant colours with an earthy backdrop — meaning the meals are pictured against distressed wood, burlap placemats and chipped vintage china.

Diversity is a strong point, with recipes that range from the economical (a simple Pulled Pork Tacos and Almond-Crusted Trout) to the more involved (a gorgeous Cream of Beet and Almond Butter Soup and My Favourite Chocolate Cake).

In this book, food is a gift — quite literally. Seventeen of the recipes are categorized as such. The Spiced Lentil and Barley Soup can be assembled in a pretty jar with a ribbon tied on, as can the six different kinds of pestos, the recipes for which are displayed in a two-page infographic.

Even with a new appreciation of food, Marilou admits she is still influenced by her past when it comes to the recipes she includes in her work.

"I'm a different person because of what I've been through. So, yes, I was inspired by my condition," Marilou says.

"And while it's good is to eat healthy food, (it's also OK) to eat desserts once in a while."

Chefs cook up new Thanksgiving ideas

TRENDS

From seafood to spicy chili stuffing, food pros twist traditions

Planning to serve turkey, mashed potatoes and carrots yet again for Thanksgiving?

While a roasted bird and all the trimmings are traditional classics, others opt for an unconventional approach.

At Chef Anna Olson's gathering, seafood will be on the menu.

"Something we've learned is: Guess who buys seafood on Thanksgiving weekend? No one. So you often get great sales," says Olson in an interview from her home in Ontario's Niagara region.

The menu might include king crab, lobster or shrimp. She oohs and aahs over the idea of seared scallops with brown butter sauce along with celery root purée and wilted greens like Swiss chard or kale.

For Jeremy Charles, hunting season brings with it such choices as moose, rabbit, partridge and grouse. "It keeps it a bit more exciting instead of just having turkey — which I do enjoy, mind you," says the head chef at Raymonds Restaurant in St. John's, N.L.

If home cooks are cooking turkey, he advises focusing on getting it right. "Ninety per cent of people overcook their turkey," says Charles.

"Being able to cook the protein separately — whether it's a partridge or a grouse or a turkey — it really helps with the end product, for sure."

Charles breaks down the carcass and cooks the pieces individually. He likes poaching the breast, which renders out fat while keeping in the moisture. "Then I sear it in a pan to get a caramelization and beautiful colour and then you're left with a lovely product."

Lynn Crawford advocates brining turkey before roasting.

"Not only does it season the turkey, but you can infuse so much more flavour into the bird and it stays moist. It's foolproof," says the Chopped Canada judge.

"So all those wonderful aromatics that you want to infuse the turkey with — if it's apples and cinnamon and rosemary and stout with maple syrup — you can get all that in there."

You need a container large enough to submerge the turkey in the brine and ice for up to 24 hours — a clean cooler or plastic bin works. The ice keeps the turkey at a safe temperature.

When it comes to flavour combinations for stuffing, the sky's the limit.

"Traditionally my dad always did pork sausage, sage and onions and that's a classic. I love that," says Crawford, who also suggests sweet corn, leeks and spicy chili; roasted fall fruits, ham hocks and sauerkraut; or a vegetarian version using mushrooms.

Olson, who hosted Bake with Anna Olson and Sugar on Food Network Canada, keeps side dishes light to counter the richness of the other food.

Instead of a potato gratin or scalloped potatoes laden with cream, milk and cheese, try boulangere potatoes: layers of sliced potatoes and caramelized onions with stock that can bake alongside the turkey.

She keeps flavour builders like caramelized onions and roasted garlic on hand to boost fall dishes, like gravies and sweet potatoes.

"When you need to add that little 'something something' to make your gravy that much better, a spoonful of caramelized onions just really takes it to the next level or adds zip to a soup. Or I toss it with sweet potatoes," says Olson.

Chef Jeremy Charles likes to break with the turkey tradition by serving partridge or grouse for Thanksgiving. THE CANADIAN PRESS

CARAMEL UPSIDE DOWN CAKE

Caramel apple layer:
- 3 apples (Granny Smith, Mutsu or Cortland), peeled, cored, each cut in 8 wedges
- 30 ml (2 tbsp) water
- 15 ml (1 tbsp) lemon juice
- 250 ml (1 cup) sugar
- 50 ml (1/4 cup) unsalted butter

Cake:
- 50 ml (1/4 cup) unsalted butter, room temperature
- 125 ml (1/2 cup) sugar
- 125 ml (1/2 cup) packed dark brown sugar
- 4 eggs, room temperature, separated
- 75 ml (1/3 cup) sour cream
- 5 ml (1 tsp) vanilla extract
- 300 ml (1 1/4 cups) all-purpose flour
- 5 ml (1 tsp) baking powder
- 2 ml (1/2 tsp) ground cinnamon
- 1 ml (1/4 tsp) salt

Method:
Preheat oven to 180 C (350 F). Grease a 23-cm (9-inch) cake pan and place it on a parchment-lined baking tray.

Caramel Apple Layer:
1. Arrange apples tightly together in bottom of prepared pan. Pour water and lemon juice into a small saucepot, then add sugar and butter.
2. Bring mixture to a boil without stirring and continue to boil, occasionally brushing sides of pot down with water, until it is a rich caramel colour, 4 to 6 minutes.
3. Remove pot from heat and pour caramel over apples, coating them as much as possible. Set aside.

Cake:
1. In a bowl, beat butter, sugar and brown sugar together. Add egg yolks, sour cream and vanilla and beat until blended.
2. In a separate bowl, sift flour, baking powder, cinnamon and salt and stir into butter mixture.
3. In another bowl, whip egg whites until they hold a soft peak. Fold into cake batter in 2 additions.
4. Scrape batter over top of apples and spread evenly.
5. Bake cake for about 45 minutes, until a tester inserted in centre comes out clean.
6. Let cake cool for 30 minutes. Run a knife around inside edge of cake pan and place a serving plate over top of pan. Flip cake over and lift pan off, revealing caramel apple top.

SOURCE: BACK TO BAKING BY ANNA OLSON (WHITECAP BOOKS, 2011)

While apple or pumpkin pie are traditional Thanksgiving fare, you can use the seasonal ingredients in other ways.

For a twist on a pumpkin pie that Olson calls "heaven," fill a chocolate pastry shell with a thin layer of pumpkin custard and top it with chocolate ganache.

For a crowd, the dessert guru makes pumpkin chocolate trifle — layers of chocolate cake or chocolate wafer cookies with pumpkin mousse.

"It looks beautiful, the dark brown and the orange layered on top of each other in a trifle bowl. You could even do poached pear or cooked apple if you wanted to add a fruit element," she says. Or layer chilled apple crisp in a trifle bowl with custard spiked with bourbon. THE CANADIAN PRESS

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REALTY

Bring your A-game to the holiday table

ETIQUETTE

If you're into tradition, here are old-school manners tips

Theresa Albert
For Metro Canada

Holidays are rife with protocol and manners that you may just be breaking.

Do you know when it is rude to bring food or flowers to a host? That's right; your quick, kind stop at the flower shop may be working against you.

The new book Which Fork do I Use? (Burns Rosemarie and Reed, Linda, Manners Simply, 2014 $24.95 available online at mannerssimply.com) is laid out beautifully enough to be a gift itself. Which begs the question of whether this gift would be rude, hmmm.

Did you know:

• Food only moves in one direction when passed at the table. Everything from the bread basket to the turkey platter should always travel from left to right in a counter clockwise direction.

• When eating soup, it is OK to lean forward slightly but do not blow. Wait until it cools enough to consume and use your spoon to scoop from the top or the edges where it is likely to be cooler. Fill spoon only 3/4 full and scoop away from you. Tilt the bowl away from you if need be and tap the edge of the spoon against the rim furthest from you to level off any drips. When you're done, place the spoon in the "I'm finished" position with the bowl facing 4 o'clock across the dish.

• Bread should be placed on the side plate or the rim of your dinner plate if no side plate is available. Small pieces should be ripped from your own slice or roll and buttered on the plate. Never butter in mid-air or in your hand. (This is North American style, in France, for instance, bread goes on the table cloth and it isn't spread with butter.)

Don't spoil a beautiful Thanksgiving dinner with bad manners. ISTOCK

• When enjoying the main meal, it is considered rude to cut more than one bite at a time. Use your fork and knife (properly!) to slice one small bite-sized piece at a time and chew and swallow it.

• Coffee cups must be held by the handle, not cradled in the hands like a mug.

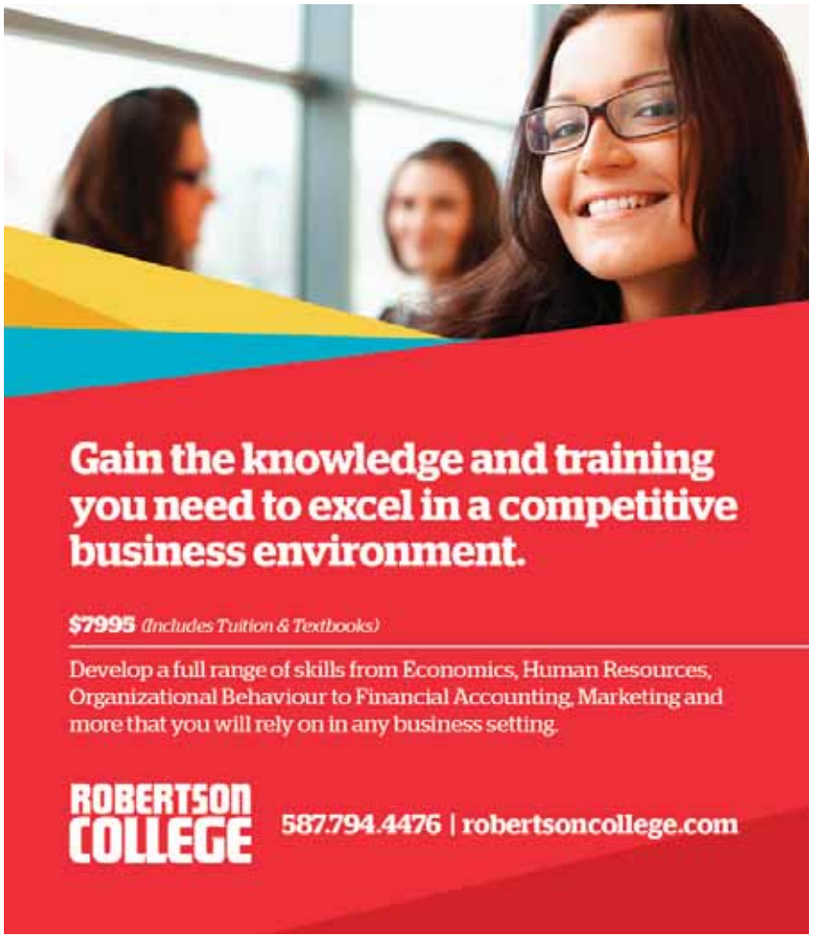
• Never push your plate away from you when finished — this is considered pretty rude. Instead, use the "I'm finished" signal by placing your fork and knife together in a 4 o'clock position.

• Crunching your napkin and tossing it into your finished plate whether it is paper or cloth is rude. Fold when you are finished and place to the left of your setting.

Of course, the key and critical tip is now and has always been "don't talk with your mouthful."

The truth is, that's just gross. Nothing you have to say is so important or entertaining that it will overcome the ick factor of seeing your food all chunked up and flopping around your maw. (Or worse, falling out.)

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food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LIQUID ASSETS

Rhône Valley: Gateway wine to famed French reds

Peter Rockwell
For Metro Canada

French wines travel with a lot of baggage.

There are the old wives' tales that they're all expensive, can only be drunk with food and, worse, that you have to be some kind of wine expert to truly enjoy them.

All are baloney. While France does produce some of the priciest juice on the planet, and they all make a great pairing with the appropriate cuisine, the country creates a wine for every palate and the vast majority can be drunk right out of the bottle.

Though the light, fruity wines of Beaujolais are often considered the liquid gateway into French wines, I recommend starting in the Rhône Valley, especially if you've trained your taste buds on juicy, New World red wines.

The Les Dauphins 2013 Côtes du Rhône Réserve ($12.95–$14.99) is a Grenache-led red made with grapes from the southern part of the region.

With its cool, retro label and vibrant, ripe berry flavours, it's a wine that will have even old wives rethinking their stand on French wines.

Prices reflect the range across the country. Some products may not be available in all provinces.

FOOD BRIEFS

Mexican nun joins cooking show to save her order

A plain-spoken Mexican nun has become an unlikely television star while trying to save her congregation from mounting debts.

Sixty-eight-year-old Florinda Ruiz Carapia, better known as "Hermana Flor," is one of five finalists on Mexico's version of Master Chef, a program in which contestants compete for a 1-million-peso ($78,000) prize.

That would at least make a dent in the approximately seven-million-peso debt that her order, the Congregation of the Passion of Jesus Christ, owes for loans it took out to build or expand schools, according to Alejandro Esquivel, producer of the TV Azteca show.

Hermana Flor is among the five finalists. With only three weeks left till the finale, she has proven so popular that Esquivel is a little worried about the potential backlash if the nun doesn't win. A panel of professional chefs judges the contestants on the taste, presentation and speed of their dishes.

THE ASSOCIATED PRESS

Go Back to the Future with Pepsi

RETAIL

Marty McFly's drink of choice up for sale on Amazon

Cristabelle Tumola
Metro | New York

Collectible bottles of Pepsi Perfect will start selling on Oct. 21 for $20.15 US each. HANDOUT

Back to the Future II may have been more fiction than reality now that it's 2015 (we're still waiting on an actual hoverboard), but one of the film's creations is coming to life.

Pepsi announced this week that it is coming out with Pepsi Perfect — the famous soda Marty McFly orders in the second instalment of the trilogy.

"Pepsi fans asked and we heard them loud and clear," said Lou Arbetter, senior director of marketing for PepsiCo, said in a statement.

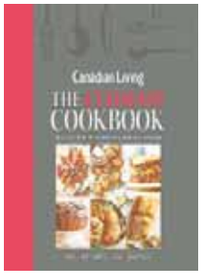
"The Back to the Future trilogy was as big a moment in pop culture history then as it is now, 30 years later. We are excited to be part of this moment and to bring fans something only Pepsi could deliver — and there's no need to wait: the future is now!"

There will only be 6,500 bottles of the drink available to purchase online via Amazon starting on Oct. 21 while supplies last.

Although each 16.9-ounce drink will be outfitted in a special collectible case, they'll contain regular Pepsi. Each will also cost a lot more than your average soda at $20.15 US per bottle.

RECIPE EXCERPT CANADIAN LIVING: THE ULTIMATE COOKBOOK

Smoked brined turkey



To celebrate 40 years of Canadian Living, the magazine's test kitchen has published a cookbook of more than 300 recipes: from appetizers to desserts and everything in between.

With Thanksgiving this weekend, Metro excerpts a recipe for brined turkey cooked on the barbecue.

For people who have packed their grill away for the season, the same recipe can easily be duplicated in the oven.

Cooking your turkey on the barbecue keeps your oven free for other dishes. For best results, do not use a bird larger than 6 kg on the barbecue. You'll need about 2 1/2 cups applewood chips; soak them in water for an hour before using.

Hands-on time: 50 minutes
Total time: 16 hours
Makes: 12 to 15 servings

INGREDIENTS
Brined Turkey:
- 1 1/4 cups coarse salt
- 1/2 cup packed brown sugar
- 5 cups boiling water
- 1 orange
- 1 lemon
- 6 cloves garlic, crushed
- 2 Tbsp whole allspice
- 1 Tbsp black peppercorns
- 6 bay leaves
- 11 cups ice water
- 1 whole fresh turkey (4.5 to 6 kg)
- 3 Tbsp olive oil

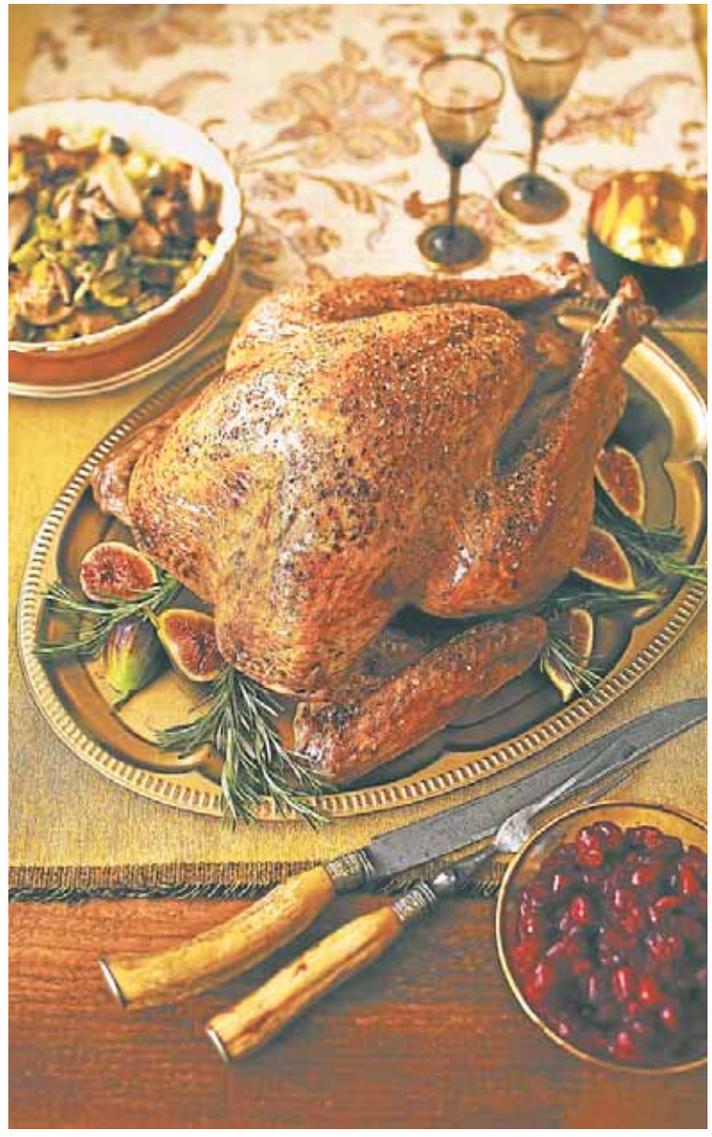
Gravy:
- Chicken broth (optional)
- Unsalted butter (optional), melted
- 1/3 cup all-purpose flour
- 1/3 cup dry white wine
- Pinch pepper

DIRECTIONS
Brined Turkey:
In large saucepan, dissolve salt and sugar in boiling water. Peel zest from orange and lemon; squeeze juice into bowl. Add orange and lemon juices and zest to pan. Add garlic, allspice, peppercorns and bay leaves. Let cool slightly. In large stockpot placed inside cooler or large bucket, combine brine mixture with ice water. Let cool completely, about 1 hour. (Make-ahead: Cover and refrigerate for up to 3 days.)

Remove neck and giblets from turkey; set neck aside for gravy. Discard giblets. Add turkey to brine; cover and refrigerate for 12 to 15 hours.

Heat 1 burner of 2-burner barbecue or 2 outside burners of 3-burner barbecue to medium. Seal soaked applewood chips in heavy-duty foil; poke several holes in top. Place over lit burner(s) or directly on coals. Remove turkey from brine and rinse in cold water. Discard brine. Pat turkey dry inside and out. Place on greased rack in roasting pan; add reserved turkey neck to pan. Brush turkey all over with oil. Place pan on grill over unlit burner with legs facing centre of grill.

Close lid and cook, basting occasionally and covering loosely with foil if browning too quickly, until instant-read thermometer inserted in thickest part of breast reads 170 F (77 C) and juices run clear when meat is pierced, 2 1/2 to 3 hours. Transfer to cutting board; cover loosely with foil and let rest for 30 minutes before carving.



Gravy:
Remove neck from pan; set aside. Pour juices in cavity into heatproof liquid measure. If necessary, add enough chicken broth to make 3/4 cup. Drain all but 1/4 cup fat from pan, adding butter if not enough fat remains; cook over medium heat for 1 minute, scraping up browned bits from bottom of pan.

Add flour; cook, stirring, until slightly darkened, about 3 minutes. Add wine and reserved turkey juices. Stirring constantly, slowly add 2 1/2 cups water and bring to boil. Add neck and pepper; cook over medium heat, stirring constantly, until thickened, 7 to 10 minutes, adding more water to thin, if desired. Strain and serve with turkey.

Nutritional Information, per each of 15 servings: about 263 cal, 44 g protein, 12 g total fat (3 g sat. fat), 3 g carb, trace fibre, 152 mg chol, 463 mg sodium, 583 mg potassium. % RDI: 2% calcium, 9% iron, 2% vit C, 9% folate.

VARIATION

Oven-Roasted Brined Turkey
Roast turkey in 325 F (160 C) oven, basting occasionally and covering loosely with foil if browning too quickly, until instant-read thermometer inserted in thickest part of thigh reads 170 F (77 C), 2 1/2 to 3 hours.

RECIPE FROM THE CANADIAN LIVING ULTIMATE COOKBOOK, $44.95, COPYRIGHT 2015 JUNIPER PUBLISHING.

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metro DRIVE

Your essential daily news

Mercedes-AMG GT S named Motor Trend Best Driver's Car for 'precise steering,' 'massive power'

Born to go off the beaten path

ROAD TESTED

REVIEW

Power Wagon is factory equipped for serious off-road prowess

Mike Goetz
For Metro Canada

The Ram 2500 Power Wagon is not your typical heavy-duty pickup.

While the Power Wagon throws on all the formidable cargo and towing capacity only availably in these heavy-duty monsters (classified either as 2500 or 3500 series trucks), this particular Ram model is also "factory equipped" for the roughest of off-road conditions.

Typically you need to go to the aftermarket to equip a pickup to be this off-road serious. The only other factory-equipped pickup in this off-road league is the Ford F-150 Raptor, but the Raptor is a "light duty" pickup. It's also not currently available, as Ford preps a new version for 2016.

The 2500 Ram Power Wagon is also not a typical vehicle to use for a family sightseeing vacation in Alberta. But when I was scouting for a test vehicle that would be available during our week in the province, and the fine folks at FCA Canada said this particular Power Wagon was primed and ready to go, well, I grabbed it, like a rodeo rider at the Stampede gripping the reins of a bull named ER Eddy. Experiencing Alberta by heavy-duty, off-road pickup? That sounded like a cool and appropriate combination.

So what follows is not your typical road test, but a few random thoughts on family life with this beast during a great week in Alberta:

- Six pieces of luggage (four carry-on and two check-in) did not make an appreciable dent in the almost 2,000-lb payload capacity. Going in, I thought such a lightly loaded pickup would certainly be jiggly most of the time, but Ram's class-exclusive multi-link rear suspension, and recent frame stiffening, resulted in a surprising civil ride.
- Even with "cylinder deactivation" (which shuts down four cylinders when not needed), the 6.4-litre "Hemi" V8 was always thirsty. Whenever I filled the tank, I turned my back on the pump, trying to ignore how the rolling numbers would invariably climb to the $100 mark.
- You sit incredibly high in this thing. People in regular pickup trucks crane their necks to look up at you, and say, "Don't hurt me" with their eyes. But with the cabin floor about two feet off the ground, and no running boards to get in the way of ground clearance, getting in was a challenge.
- Interior comfort is afforded by two great attributes: This is a very wide truck with lots of elbowroom for everyone, and also a surprisingly quiet truck.
- The massive front grille is designed to scare people and does. Lots of drivers let me pass once they saw that grille fill their rearview mirrors. And with 410 horsepower and 429 lb-ft of torque, passing was always low stress, even on mountain passes.

THE CHECKLIST | 2015 RAM 2500 POWER WAGON

THE BASICS

Type. Four-door, heavy-duty, full-size, 4x4 pickup
Power. 410-hp, 6.4-litre V8
Transmission. 6-speed automatic
Price. Base $57,395 (plus destination)

NOTABLE FEATURES

- Electric front winch, Bilstein gas-charged shocks, and skid plates
- Automatic disconnecting front stabilizer bar for increasing suspension travel
- Uconnect multimedia centre with voice command and Bluetooth

MIKE GOETZ/FOR METRO

POINTS

- Only 2500 Ram that offers special off-road front suspension, which offers more flexibility and axle articulation for negotiating super rough terrain
- Class-exclusive multi-link rear suspension contributes to surprisingly smooth and competent "car-like" handling on regular pavement
- High ground clearance and ride height make getting in a gymnastic event

MARKET POSITION

- Ram's most off-road-ready heavy-duty pickup — no aftermarket modifying required
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THE COMPETITION

GMC Sierra 2500HD
Base price: $40,795

Ford F-250
Base price: $26,299

Nissan Titan XD
Base price: TBA

GERMANY

Self-driving milestones herald 'a new era for mobility'

Last Friday the Mercedes-Benz Actros became the world's first production truck to drive autonomously on a public road.

"Today's premiere is a further important step towards the market maturity of autonomously driving trucks — and towards the safe, sustainable road freight transport of the future," said Daimler board member Dr. Wolfgang Bernhard of his journey on the A8 between Denkendorf and Stuttgart airport.

Thanks to a sensor array plus active safety systems, the truck is capable of taking over driving responsibilities in pre-defined situations such as on highways, where traffic flows and potential hazards are more predictable. The Highway Pilot Mode, which can be engaged and disengaged by the driver, can autonomously ensure a safe distance from the vehicle ahead while maintaining lane discipline. If the car in front slows, the truck also applies the brakes automatically.

Friday's demonstration was approved by the German state of Baden-Württemberg, following an inspection of the vehicle by the German Technical Inspection Authority.

The Mercedes-Benz Actros with Highway Pilot. DAIMLER AG

Meanwhile in France ...

On the same day, in neighbouring France, a Peugeot Citroën prototype became the first self-driving car to travel on French public roads, navigating from Paris to Bordeaux fully autonomously.

As the first carmaker to obtain permission for self-driving technology testing on the nation's roads, the company had a head start on its rivals. Nevertheless, the 580-kilometre trip was a first for PSA Peugeot Citroen and for France as a whole, as it was the first time an autonomous car had driven on a public road within the country's borders.

"The journey made by our prototype today proves that autonomous vehicles are no longer a matter of science fiction," said Carlos Tavares, chairman of the managing board of PSA Peugeot Citroën, on Friday. "This ushers in a new era for mobility, which I find truly exciting." AFP

The PSA prototype car.
PSA PEUGEOT CITROEN

Carbon fibre reinvents the wheel

FUEL ECONOMY

Ultra-light wheels boost speed ... but it'll cost ya

Maryland-based Vitesse AuDessus (French for "Superior Speed") has introduced an ultra-light carbon-fibre wheel for exclusive luxury and performance cars. Expect to pay about the price of an entire car for a set of four. The company offers both bespoke and original equipment-spec carbon fibre wheels for virtually any high-end luxury/prestige car, with an average weight of about six kilograms apiece. In certain cases, said CEO Stefany Sanchez, the wheels reduce "unsprung" weight (essentially, weight in motion) by more than 50 per cent. "This dramatic reduction translates into increased acceleration, reduced stopping distances, improved steering and handling, improved grip, reduced road noise and vibrations, and improved fuel economy." The hollow, single-piece wheels start at $8,875 US each for original-spec models and $10,125 US each for bespoke (made-to-order) versions.

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THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

TEXT AND IMAGES BY WHEELBASE MEDIA

A FIRST

Huge hydrogen station for both land and sea

San Francisco, Calif., might soon be home to the world's largest hydrogen refuelling station, and the first one to serve both land and marine vehicles. The city might also soon get its own high-speed hydrogen-fuel-cell ferry as part of a demonstration project backed by public and private interests, says Green Car Reports. That ferryboat will need a place to refuel, as will hundreds and then thousands of hydrogen fuel-cell cars arriving from Toyota, Honda and Hyundai over the next five years, such as the Toyota Mirai (pictured). If it goes ahead, the fueling station will serve cars, buses and fleet vehicles, in addition to the ferryboat and other fuel-cell vessels, dispensing up to 1,500 kilograms of hydrogen a day.

MANUFACTURING

Steel industry flexes muscles in weight contest

Aluminum and carbon-fibre components might be taking up ever-greater portions of vehicle composition, but don't count steel out yet. As some automakers pursue a mixed-materials approach to lightweight bodies by strategically adding aluminum and carbon fibre to their construction, as in Ford's aluminum F-150 pickup (pictured), the industry insists that steel alone can provide lightweight strength for less material and manufacturing costs. The disadvantage to using aluminum and carbon fibre "is the cost," Audi quality manager Manfred Sindel told a recent automotive conference in Traverse City, Mich. Jody Hall of the Steel Market Development Institute told the conference that the more than 200 new grades of steel already in production "give automakers all they need" to reduce weight, increase strength and cut costs, reported Automotive News.

Mapping a better way to get around

DRIVING FORCE

Navigations systems have come a long way from paper days

Jil McIntosh
For Metro Canada

Vehicle navigation systems are a great way to get around, figuring out your route and guiding you through all the turns. But they need to be regularly updated, and they're going to have to become even more sophisticated to play a vital role in the future of autonomous driving.

"There's a big push for self-driving cars, and in the development of maps and location information," says Harold Goddijn, president and CEO of TomTom. "There's a whole new technology that must come together."

Mapping it out

To make an electronic map, navigation companies work with automakers to determine the specifications required. Then it's all about legwork. The mapmakers first go to local governments to see what maps they have, and digitize as much of these as they can. They then send employees out to drive the roads, using mobile mapping vans equipped with laser, radar and GPS to collect data, which is incorporated into the system.

Keeping it current

Once the navigation map is made, the next challenge is to keep it up to date. The company asks customers to report inaccuracies and changes, but it also watches vehicles connected to the network. TomTom can't identify individual cars, but it sees what traffic overall is doing.

"If we see a lot of people driving on what we think isn't a road, we look at satellite pictures to see if there's a (new) road there," Goddijn says. "Or when we see large amounts of cars making traffic violations because they are going down a one-way street, it's probably something that has changed in the direction of flow."

Right now, updating maps in existing vehicles can be a cumbersome task, but as more and more vehicles come online through wireless connections, navigation companies can download new information to them.

Self-driving cars

The next big hurdle for mapmakers is developing systems that are accurate enough that autonomous cars can use them without the driver's assistance.

"We need to know how many lines are on the road, how many lanes there are, and 20-centimetre accuracy where an exit starts and where it ends," Goddijn says. "We need all that to give the computer in the car the information to accurately plan its next manoeuvre, and know where it is and where it's heading."

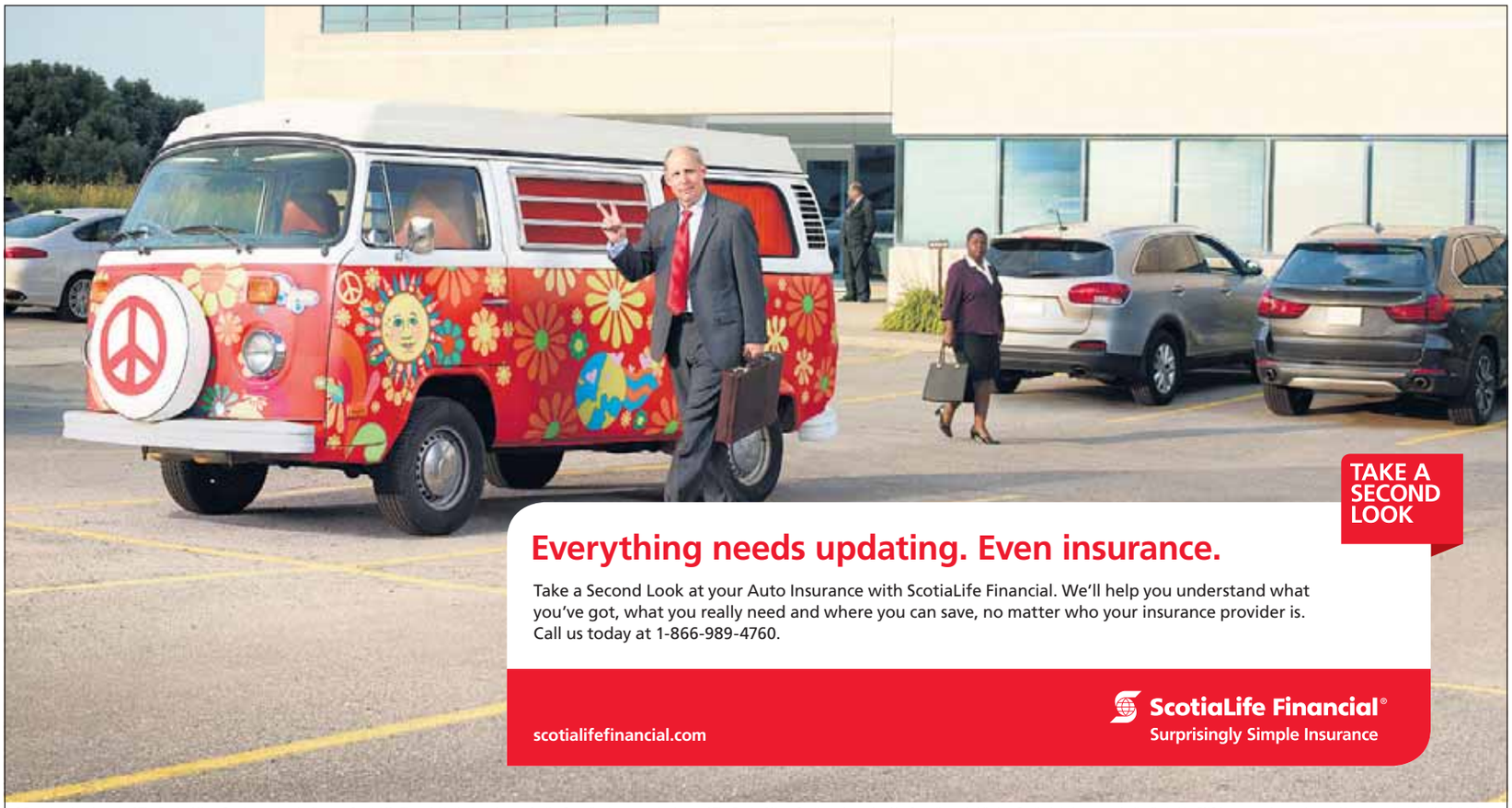
This will require even more map maintenance, because while a driver can see a change in traffic patterns ahead and take a different route, an autonomous car following an outdated map might not be aware of detours due to construction or crashes.

"We're building a self-learning and self-improving system that's highly automated and based on machine learning and other technologies," Goddijn says. "This will help us to make sure that the maps are accurately reflecting the reality."

Navigation systems must be updated regularly, which will be even more important for self-driving cars. COURTESY TOMTOM

HISTORY

- In the 1930s, you could buy a device that attached to the speedometer and scrolled through a paper map as you drove, showing crossroads and turns.
- Honda first offered a navigation system in the 1981 Accord, which used road patterns and a gyroscope to pinpoint the car's location.
- Cars initially used maps stored on cassettes and CDs, while Pioneer introduced a GPS system in 1990.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Special Delivery: Audi A6 TDI

What test car is Garry bringing us this week? We literally have no clue until it lands in our driveway, but who are we to doubt Garry Sowerby, who has a bazillion Guinness records for around-the-world driving? That's a bazillion more than we have, after all. Come along for the ride as we deliver real-life, no-glam reviews.

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It appears that a certain company thinks rather highly of its cars.

Why else would a mid-sized family sedan with a thrifty six-cylinder diesel engine sticker for $83,350 plus two grand for freight and taxes? Other than it might actually be close to perfect, that is.

When Garry drops off vehicles for testing purposes, we'll often play a little game of "guess how much this costs."

We generally get pretty close, but cars with four circles on the grille — made by Audi, if that went over your head — are a complete crapshoot. With rare exception, our guesses are laughably low, and when it comes to this A6 TDI, the laughs are replaced with shock.

Based on looks and general first impressions — which is how any real evaluation is done, of course — I guessed 65 grand, which was close to $20,000 short. Wowzers.

Not that long ago, that was A8 money. (The A8 is larger and fancier than the A6.) How times have changed.

But with the gap narrowing between everyday family cars and the seemingly perfect A6, would you pay 94 grand (including tax) for this car or would half that amount for a new Nissan Maxima be good enough? For anyone without 90 grand or the credit to get 90 grand, the choice presents itself rather cruelly, but for those with the means, perfection might be worth the price.

But the bigger question is why do I think this car is perfect, or close to it, in the first place. Because when you get in and drive there's nothing to distract you from making you think that it isn't. Simple, really.

It just fits and works. No annoyances. None. The A6 TDI is more like a programmed body part — an arm or leg — as opposed to anything inanimate and made of cold German steel.

That's achieved with a

What's all that racket? It's certainly not the engine.

There's more grille than bumper.

It turns out you can put a price on perfection.... It's 90 grand. The Audi A6 TDI is big enough to make these 20-inch wheels look tiny. ALL PHOTOS WHEELBASE MEDIA

perfect driving position (there's that word again) and a 240-horsepower 3.0-litre diesel engine that feels like it has about 1,500 pound-feet of torque. I seriously have no idea why anyone would want any other engine under the hood. To heck with gasoline. Helping is an eight-speed automatic transmission that can be manually shifted with steering-wheel-mounted paddles.

The base price on the car is $66,200, which is actually pretty close to my original "Price is Right" guess, but this particular car is the "Technik" model (one up from the base "Progressiv" that's almost seven grand less), plus there's close to 11 grand in options. None of this $17,000 in extras is remotely essential to driving the car, so sticking to the base model is perfectly fine.

Among the extras, this one has the "S Line Sport Package" with 20-inch wheels, as well as $2,700 worth of "multicontour" front seats with massage, and $2,900 of "Driver Assist Package" that includes adaptive cruise control and a lane-assist function. And in case the standard 14-speaker Bose audio system isn't good enough, you can go ahead and blow another $6,500 on a Bang and Olufson system with one more speaker. No, you don't get a credit for the Bose stereo you're not getting: The B&O is $6,500 more.

And this is where it all goes a little sideways: how a base-price $66,000 car — not cheap in the first place — ends up at 90 grand or more with some options that seem, well, on the list just for the sake of spending money.

You could say that it's complete madness, like most people would, or that it's the price that must be paid for perfection.

None of this $17,000 in extras is remotely essential to driving the car, so sticking to the base model is perfectly fine.

LET'S TALK

WOW: Smooth, fast, perfect balance of ride comfort and turning performance; subtle styling that almost looks as expensive as it actually costs.

HMM: Loaded up, this is A8 money; full options list is the price of another car; backup wheels and tires needed for winter; needs a capless filler like Ford and Chrysler cars; $6,500 stereo option over a standard 14-speaker Bose system?

Needs a hands-free cap.

What does a perfect interior look like? This.

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Tim Johnson, right, has visited more than 100 countries on all seven continents. CONTRIBUTED

Father and son: Globetrotters

PASSION FOR TRAVEL

Keeping the family tradition for adventure going strong

Michele Sponagle

For Tim Johnson, travel isn't just a passion; it's a way of life. The 36-year-old journalist, born and raised in Peterborough, Ont., started globe-trotting in his early 20s when he backpacked with friends to destinations across Europe and Central America, and hasn't looked back.

To date, he's visited more than 100 countries on all seven continents. He craves the adventure that spots off the beaten track deliver, like Turkmenistan and Uzbekistan. Countries with a strong distinct culture and warm, welcoming people, like Bhutan, Mongolia and Mozambique, intrigue him and keep those stamps in his passport multiplying at a steady pace.

Sometimes, Johnson roams solo; other times, with journalist colleagues. As a kid, it was a family affair with his mom and dad loading up the car with the kids and hitting the road. Everyone got involved in the planning of their vacation. It was something the whole family anticipated and talked about right up until the time came to pull out of the driveway.

"Whether we went to Walt Disney World in Florida, Yellowstone Park or Alberta's Rocky Mountains, it was always a blast," Johnson says. "One year, we hit the road for five weeks in a row, driving much of the way down old Route 66, visiting the Grand Canyon, Las Vegas, Los Angeles and San Francisco, up to the Okanagan Valley and back across Canada. Our entire family loves to travel."

As an adult, he continued to travel with his parents. He invited them along for a trip to Hawaii — a place his mom always dreamt of visiting. It was truly a vacation of a lifetime.

After his mom passed away in 2014, he wanted to keep the family tradition going by inviting his dad, now 67, to accompany him while he was researching various stories.

Their travels began modestly with a weekend trip to Ottawa. Despite the frigid cold, they were able to indulge their love of history with stops at the Diefenbunker, Parliament Hill for question period and the Royal Canadian Mint.

"It wasn't a particularly glamorous trip, given the season, but it was a nice little long weekend away," says Johnson. "We both enjoyed it and then we started planning the bigger trips."

He's able to travel with his father by using points he's accumulated both through two bank-issued travel rewards cards and with miles earned while flying.

"It's a lot better than spending my own money," he says. Recently, he redeemed his points for two flights to Victoria.

Johnson sees redeeming his travel rewards points as a way of saying 'thank you' to his dad.

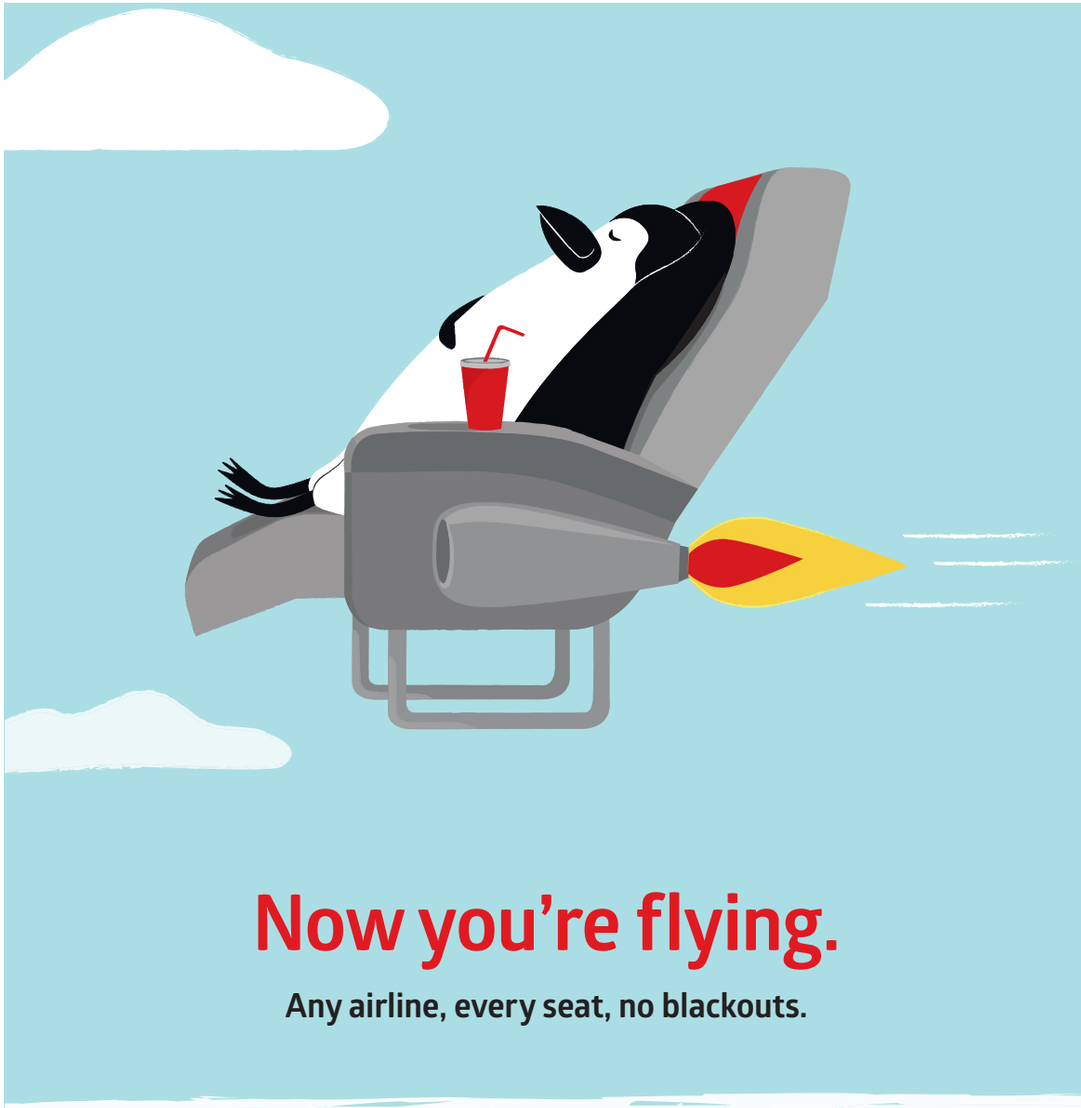
"It's something really great to be able to do something nice for my father after all he's done for me. He has always been there for me as a dad," he says. "When we travel together, he likes to tell people, 'You see… all those early morning hockey practices I took my son to? They're paying off!'"

The greatest gift of exploring the world with his father has been getting to know him better.

"We always had a good relationship when my mother was alive, but it was different. Now, our communication is more direct and we talk more," Johnson says. "In Nevis, we spent a lot of time just sitting on the balcony of our hotel, which overlooked the sea and the mountains of St. Kitts, and just talked, for hours even. We would both bring books out there, but inevitably we ended up talking more than reading."

Father and son at a baseball game in Seattle. CONTRIBUTED

Johnson is able to travel with his father by using points he's accumulated both through two bank-issued travel rewards cards and with miles earned while flying. CONTRIBUTED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Your essential daily news

The New Jersey Devils plan to honour Martin Brodeur with a statue and retired number

DRUG POLICY

Players react to cocaine report

Cocaine was a hot topic at NHL practices on the eve of the regular season's opening day after a report that the drug's use is up among players.

In an interview with TSN, deputy commissioner Bill Daly said cocaine use in the league has risen, adding that he didn't think it was a crisis involving more than 20 players.

Daly said he wasn't sure how many players use the drug because the league doesn't "test in a comprehensive way."

Reactions on the report and the possibility of more drug testing were varied. At Montreal Canadiens' practice, P.K. Subban said he's not in favour of players doing drugs.

"Our message to kids is always, 'Don't do drugs,'" Subban said.

"Regardless of what the league does, that is something that is unfortunately out there, not just in hockey but in the world. I don't know what the situation is in hockey, but cocaine's a crazy drug."

Rumours of players using cocaine are nothing new. Jarret Stoll was arrested in April for cocaine possession at a Las Vegas hotel.

The NHL and NHL Players' Association have had a Substance Abuse and Behavioural Health Program (SABH) in place since 1996.

As part of the NHL's drug-testing program, there are 2,400 samples taken each season for inspection for performance-enhancing substances.

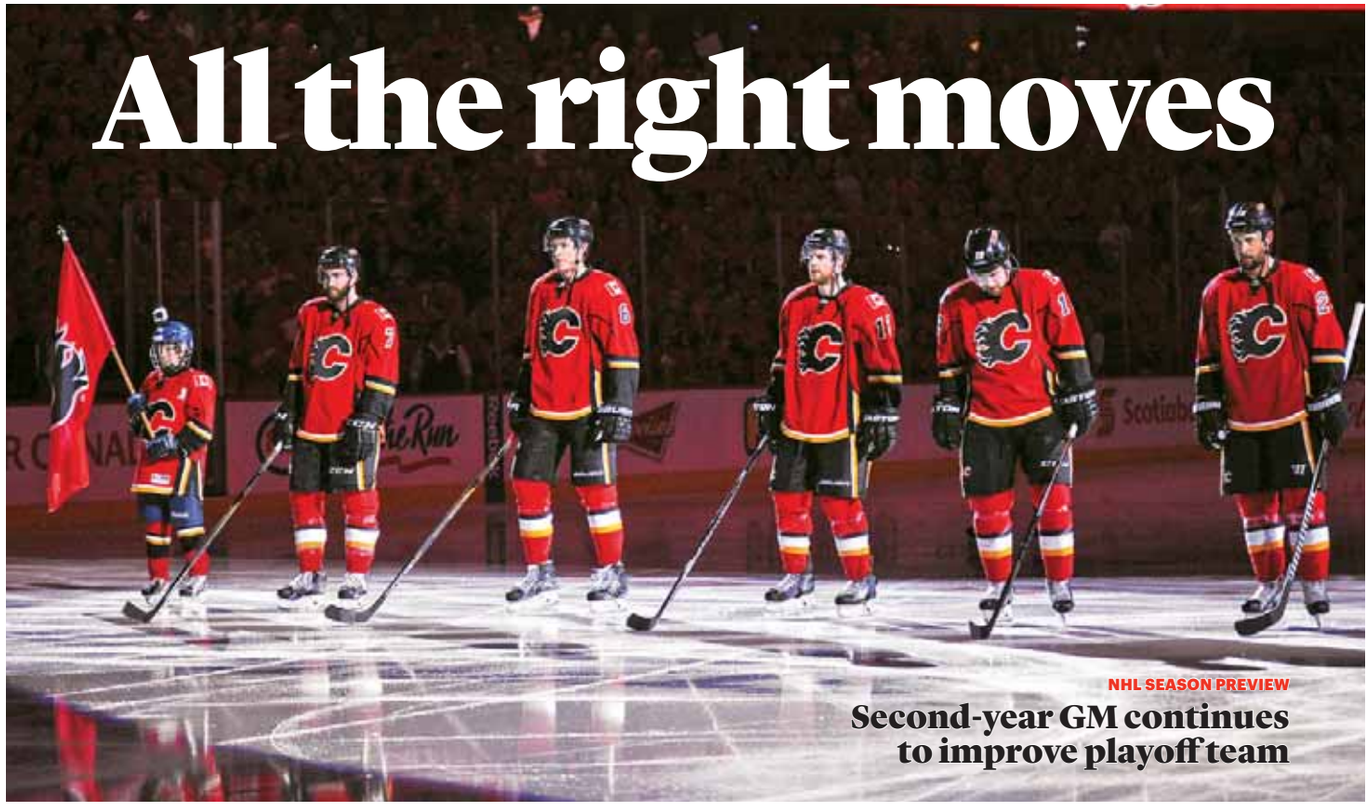
A third of them are also screened for so-called "drugs of abuse," though a positive test does not carry any kind of suspension or fine.

THE CANADIAN PRESS

"It doesn't deserve and need a lot of publicity. We just need to take care of business.

Commissioner Gary Bettman's response last week when asked about off-ice incidents but not specifically cocaine.

All the right moves



NHL SEASON PREVIEW

Second-year GM continues to improve playoff team

DEREK LEUNG/GETTY IMAGES

THE HOCKEY NEWS

Brian Costello
FOR METRO

About the only thing as pleasing as Calgary's march up the NHL standings last season was seeing Brad Treliving's coming of age as the fastest-rising GM in the game. That's why you can't do a season preview on the 2015-16 Flames without making Treliving your focal point.

With his team in the hunt for a playoff spot last February, the rookie GM let it be known he was willing to deal character winger Curtis Glencross, a pending UFA. Washington bit hard, giving up a second- and third-round draft pick for a player past his prime.

Getting those picks (plus a second rounder from Vancouver for Sven Baertschi) were absolutely necessary for Treliving to bolster a run-of-the-mill defence depth chart. He added top-pair defender Dougie Hamilton in a trade for picks with Boston, then drafted blue-chip blueline prospects Rasmus Andersson and Oliver Kylington in the second round.

Treliving's moves in June were the talk of the league. Then in July, he added free agent winger Michael Frolik from Winnipeg to help Calgary's flagging possession game. Then Mikael Backlund, Hamilton and captain Mark Giordano signed cap-friendly deals.

Brad Treliving
GETTY IMAGES

About the only thing Treliving didn't or couldn't do was undo some of the flop deals from the summer of 2014, but getting rid of Deryk Engelland, Brandon Bollig and Mason Raymond in one felled swoop was a big ask. Time will eventually take care of them.

So the addition of possession hounds Hamilton and Frolik and the maturation of Sean Monahan, Johnny Gaudreau, T.J. Brodie, Sam Bennett and Micheal Ferland are bound to bump the Flames a rung or two higher this season, right? That's the hope, but the execution is something altogether different. Chances are Calgary won't be nearly as fortunate with its third-period comebacks and the shooting percentage is sure to slip back closer to league average. And what becomes of the three-headed goalie monster?

Knowing Treliving's well-earned reputation, one of the three stoppers will be parlayed into an asset, and the other two will do just fine in Calgary.

As for wins and losses, let the games begin.

Dougie Hamilton
GETTY IMAGES

101.03

The Flames were said to have puck luck on their side last season. PDO is a measure of a team's shooting percentage and save percentage. The number 100 is NHL average. Calgary finished fifth in the league at 101.03. Over time, PDO moves closer to 100.

FANNING THE FLAMES

DOING THE DOUGIE: What to get a team that already has a good defence? Send three draft picks to Boston for a top 22-year old defenceman in Dougie Hamilton. Last season, Hamilton had 10 goals and 32 assists in 72 games. GM Brad Treliving said he was excited to add the "big, right-handed shooting" Hamilton to fit in with his group.

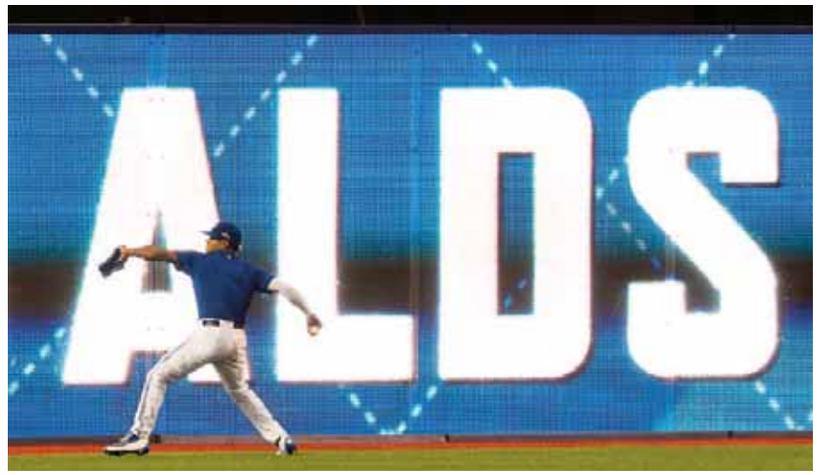
JOHNNY BE GOOD: Skill was never the question about Johnny Gaudreau, just whether his five-foot-nine, 150-pound frame would hold up. All he did in his rookie NHL season was pile up 24 goals and 64 points in 80 regular-season games. He added another nine points in 11 playoff games. "Johnny had a really good year," Treliving said. "He's determined."

PRODUCTION LINE: Executives, coaches and players often speak of the importance of offensive production throughout the lineup. But it is unlikely many teams took the message to heart in the same manner as the 2014-15 Flames. Eleven players finished with double-figure goal scoring, led by Jiri Hudler and Sean Monahan, both of whom had 31 last year. THE CANADIAN PRESS

Jays ride support of country into playoffs

MLB

Game 1 in Toronto's series vs. Texas goes Thursday



Marcus Stroman plays long toss during a team workout in Toronto on Tuesday. Stroman was announced as the Jays' starting pitcher for Game 2 of their series against the Rangers.
DARREN CALABRESE/THE CANADIAN PRESS

First baseman Chris Colabello experiences Blue Jays fever every time he looks at his phone or steps out his door.

"It's pretty epic," he said.

Colabello, a platoon player who readily admits he's nowhere near the top of the Jays' star pecking order, says just getting a cup of coffee is an adventure these days.

"That's a testament to how much this city loves their team and appreciates what we've done for them," he said. "And we hope to continue it for them."

"It's a blessing," added left-fielder Ben Revere.

Toronto's wild ride this season will go up a gear Thursday when the Blue Jays host the Texas Rangers in Game 1 of their American League Division Series. It's Toronto's first visit to the post-season since winning a second straight World Series in 1993 and interest is booming.

Toronto ace David Price will face Texas' Yovani Gallardo in the series opener while Marcus Stroman, adding a new chapter to his remarkable comeback from spring training knee surgery, takes on Rangers marquee man Cole Hamels in Game 2 Friday.

The best-of-five series will then descend on Texas for the next two games, if necessary, with Game 5 in Toronto if needed.

A relaxed bunch of Jays met the media Tuesday before working out at the Rogers Centre to the diverse sounds of Miguel, Beck, Fetty Wap, Lynyrd Skynyrd, Led Zeppelin, the Zac Brown Band and Hardwell.

Promotions for Thursday's game flashed on the giant scoreboard as the players held batting practice.

Earlier, manager John Gibbons leaned back in his chair as he chatted with reporters in his office.

PRICE IS RIGHT

In David Price's only start against the Rangers this season, he allowed two runs in six innings in Toronto's 12-4 win at Texas on Aug. 26.

"I feel good," he said. "Nice and relaxed. I feel good about the way the year's gone. And you know what I think we've got a real shot to advance in this thing."

Every Jay is in the spotlight these days, with fans across the country following the team.

Colabello, who has 24,100 Twitter followers, estimates 20,000 of them came after joining Toronto this season.

Gibbons says he, too, feels the buzz.

"I get recognized probably a little bit more — maybe in a better way," he said with a smile. "You can just feel the excitement, no doubt about that."

Toronto (93-69) went 4-2 against Texas (88-74) this season. Toronto and Texas were 1-2 in scoring runs in the second half of the season when Toronto went 48-23 and Texas 46-28.

THE CANADIAN PRESS

POST-SEASON

Astros knock out Yanks in wild-card game

Carlos Gomez of the Houston Astros celebrates with Chris Carter after hitting a solo home run against Masahiro Tanaka on Tuesday night in New York. ELSA/GETTY IMAGES

Dallas Keuchel pitched three-hit ball for six baffling innings, Colby Rasmus and Carlos Gomez each homered, and the Houston Astros beat the New York Yankees 3-0 Tuesday night in the American League wild-card game.

The orange-clad Astros now advance to the AL Divison Series, where they will face the defending AL champion Royals. Game 1 is Thursday night in Kansas City.

Keuchel worked 16 scoreless innings against New York in the regular season, and the bearded 20-game winner was just as tough pitching on three days' rest for the first time in his career.

He struck out seven while walking one. Rasmus sent Masahiro Tanaka's first pitch of the second inning soaring into deep right field.

Gomez, who only had five plate appearances after missing nearly two weeks with a strained chest muscle in mid-September, connected on the first offering of the fourth.

American League hits leader Jose Altuve had an RBI single off Dellin Betances in the seventh.

Luke Gregerson pitched a quick ninth for a save.

THE ASSOCIATED PRESS

TUESDAY In New York

3	0

CFL

Redblacks nipped at post by Argonauts

Chad Owens made a one-handed catch in the end zone with 25 seconds left to play to give the Toronto Argonauts a key 38-35 win over the Ottawa Redblacks on Tuesday night.

Trevor Harris passed for five touchdowns — including Owens's late 10-yard strike — and 397 yards as Toronto improved to 8-5.

The Argonauts have won two straight and are now tied for first in the division with the Hamilton Tiger-Cats.

Henry Burris threw two TDs and 250 yards for the Redblacks (8-6).

Toronto was officially the home team for the crucial CFL East matchup even though the game was held in Ottawa.

The Argonauts could not play at home because Rogers Centre was being used by the Toronto Blue Jays who are in Major League Baseball's playoffs for the first time since 1993.

THE CANADIAN PRESS

TUESDAY In Ottawa

38	35
REDBLACKS	ARGOS

Canada's Gordon McRorie is tackled by Romania's Johannes van Heerden in Leicester, England, on Tuesday.
RUI VIEIRA/THE ASSOCIATED PRESS

RUGBY

Canada squanders lead vs. Romania

Romania produced the biggest comeback in Rugby World Cup history to rally from a 15-point deficit and beat Canada 17-15 in a Rugby World Cup Pool D match on Tuesday, clinching the dramatic victory with a nerveless late penalty from centre Florin Vlaicu.

It was not as dramatic as France's semifinal comeback against New Zealand at the 1999 World Cup, where the French trailed 24-10 before triumphing 43-31. But it was certainly tension-filled at Leicester's City Stadium, as Vlauci held his nerve to land the winning kick with three minutes left.

Canada was in control when left winger DTH Van Der Merwe scored late in the first half — his fourth try of the tournament — and right-winger Jeff Hassler crossed four minutes after halftime.

But Romania's bold decision to forsake penalty kicks for attacking lineouts and scrums paid off.

Canada played the last eight minutes with a man down after flanker Jebb Sinclair was sin-binned, and paid a serious price. Four missed shots at goal and too many wasted attacking chances also cost the Canadians.

Romania has four points and can still finish in third place in the group — assuring automatic qualification for the 2019 World Cup — if it beats Italy next weekend.

THE ASSOCIATED PRESS

TUESDAY In England

17	15
ROMANIA	CANADA

RECIPE Lemon Orzo Soup with Chicken

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This soup combines a creamy texture with bright flavours. It also makes enough you can take it for lunch the next day.

Ready in
30 minutes
Serves 6

Ingredients
- 8 cups of low-sodium chicken stock
- 1 cup orzo
- 1/2 lb of skinless, boneless chicken breast, chopped into bite-sized pieces
- 3 eggs
- 1/3 cup of lemon juice
- Salt and pepper to taste
- Small handful of parsley, chopped

Directions

1. In large pot, bring stock to a boil. Add the orzo and reduce heat just slightly so it simmers 10 minutes.

2. Now add the chicken to the pot with the stock and orzo and simmer for 10 more minutes.

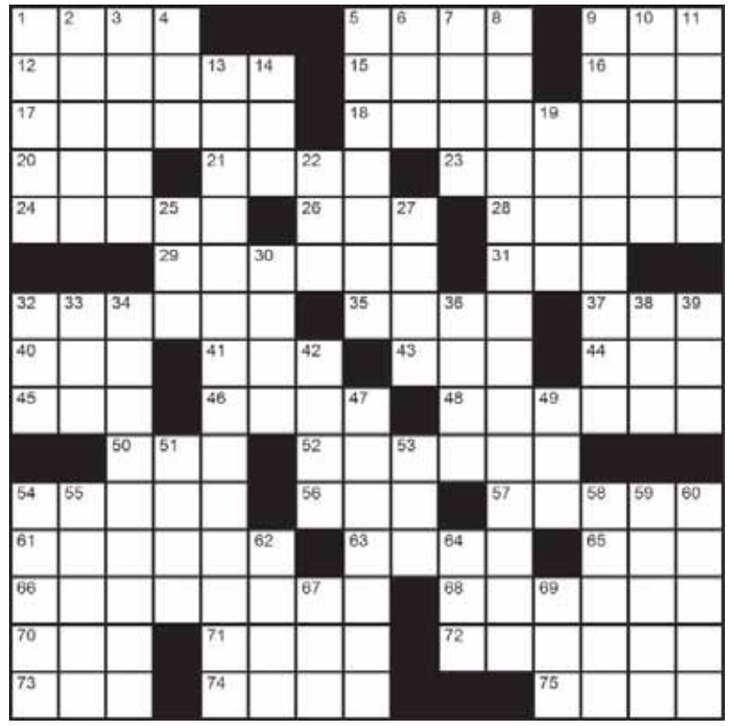
3. While that's cooking away, crack your eggs into a bowl and whisk in the lemon juice. Using a ladle, scoop out some hot broth and add small of stream to your egg mixture while whisking. Add as much hot stock as it takes to really warm up the egg so it won't scramble in the soup.

4. Now pour your egg mixture into your soup pot. Cook for another 2 or 3 minutes or until it thickens slightly. Season to taste. Serve with a sprinkle of chopped parsley.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Exhausts
5. "Thunderstruck" rockers
9. AmEx transaction
12. Country in Africa where Lilongwe is the capital
15. Gordon Pinsent's actress daughter
16. Tee-__ (Chuckle)
17. Public speaker
18. Captain Kirk's urgent warning on the U.S.S. Enterprise: 2 wds.
20. Extra cottage bed
21. Two notes following Do...
23. Extraterrestrials
24. Pray
26. Lettered grocery chain
28. Fun-sounding instrument
29. Ms. Piaf's
31. Since-1916 car co.
32. Car race tune: "_ _ Lincoln"
35. Root vegetable
37. Owns
40. Pub drink
41. Minimal
43. Ms. Zadora
44. "Letters from _ Jima" (2006)
45. 'B' or 'C' of The Spice Girls
46. Dead and Red
48. Game show winners go home with them
50. And so forth [abbr.]
52. Sportswear brand
54. Pant style
56. "Babe: _ in the City" (1998)
57. Essentials
61. Friendly nations
63. Word on the banana's sticker
65. Gusto
66. Tell the patient what the problem is
68. Spanish dramatist, Juan del _
70. Mr. Liotta
71. Arctic fish
72. _ Graham ...better known as Canadian rapper Drake
73. 'Baron' suffix
74. Forever and evers
75. Puts into place

DOWN
1. Artist's protection from splashes
2. Brother of Moses
3. 'Home' spot in baseball
4. Was in session
5. Okay, at times
6. So-so grade
7. Papa
8. Specials of the day can be erased from it each day: 2 wds.
9. Orange-in-colour spread by Kraft: 2 wds.
10. "Tell _ _" by The Zombies
11. Whitney Houston hit bit: "I _ _ emotional baby / Every time I think of you."
13. Edmonton attraction, Telus _ _ _
14. Pique
19. One Direction member
22. Univ. in "Good Will Hunting" (1997)
25. 'Puppet' suffix
27. Rushed letters
30. Idea: French
32. Theatrical attention-lover
33. Flamenco exclamation!
34. Some creations by TV writers
36. Like a no-longer-green banana
38. Wonderment
39. Therefores
42. Papery nest builder
47. Web weavers
49. A E _ _ _ and sometimes Y
51. Li'l math course
53. Tip to 'mania'
54. Inner circle
55. Assumed name
58. Church topper
59. Dogma
60. _ or neuters
62. Artsy area of Manhattan
64. Ms. Michele of "Scream Queens"
67. Actress, Laura _ Giacomo
69. Billy Joel's ex ...her initials-sharers

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Today's Mars-Neptune link may make it a bit harder to get along with someone on the work front. The fact is you can quite easily get along without their help, so don't worry about it.

Taurus April 21 - May 21
Get on top of your workload before it gets on top of you. Shut out distractions and tackle each task with energy and enthusiasm. But don't stop there — get ahead.

Gemini May 22 - June 21
A friend may not have been very supportive of late but that does not mean they are turning against you. It's more likely they have worries of their own to contend with.

Cancer June 22 - July 23
Don't try to cheer yourself up by wasting money on things you don't need. You may be expecting to come into some cash but don't spend it all before it actually arrives.

Leo July 24 - Aug. 23
Don't take things too seriously. With so many changes taking place you need to stay calm and be flexible in your approach to everyday problems. They are not worth getting worked up about.

Virgo Aug. 24 - Sept. 23
Try to remember that while some people respond best to reason, others respond best to emotion. Pick the right approach for each individual and you will get more.

Libra Sept. 24 - Oct. 23
If your energy level seems a bit low don't push yourself too hard. Mars in the most sensitive area of your chart means if you double your efforts the returns are likely to be lower than you expected.

Scorpio Oct. 24 - Nov. 22
Your emotions are quite raw and it may seem as if every little thing is a matter of life or death. But it isn't and soon you will get a new and more positive perspective on life.

Sagittarius Nov. 23 - Dec. 21
Be selective in the tasks you take on. If you throw yourself at each little challenge you may not have enough energy left to tackle the really big challenges that are coming.

Capricorn Dec. 22 - Jan. 20
You are worthy of success. Don't avoid challenging situations simply because you fear you are not up to the task. Believe in yourself.

Aquarius Jan. 21 - Feb. 19
You need to let certain people know that you no longer care what they say or do. That might sound a bit extreme but if you don't do it now they will keep annoying you and make an even bigger falling-out more likely later on.

Pisces Feb. 20 - March 20
You may have to endure a few setbacks this week but don't let them unsettle you. Above all, don't lose your temper with people you have to work with on a day-to-day basis.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	6	3	4				7	
9					5			4
2					3	8		
4						6	2	
	9	5						1
		7	8					9
8			6					5
	5				9	3	6	

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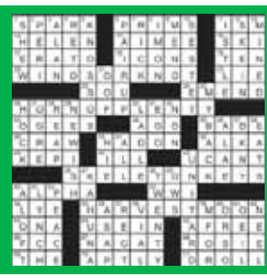
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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1	6	4	8	2	3	7	9	5
9	3	5	2	6	8	1	4	7
7	4	8	3	5	1	2	6	9
6	2	1	7	9	4	8	5	3
3	5	9	4	1	7	6	8	2
4	7	2	6	8	9	5	3	1
8	1	6	5	3	2	9	7	4

ATTENTION
JERRY VERBITSKY
Take notice that on **Tuesday Dec 1st 2015 at 9:30am** you have to appear in court room 1208 at family court.
Calgary Courts Center, 601-5th St. SW.

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